

After a Tooth is Removed

It's very important that the blood clot that forms where your tooth is removed be protected and not disturbed during the first 24 hours. This helps prevent painful infection, and speeds up healing. Please follow these steps after your tooth is removed.

IMPORTANT

- do not SMOKE, DRINK ALCOHOL, DRINK HOT LIQUIDS or do PHYSICAL WORK/EXERCISE for 24 HOURS.
- contact your dentist if you are concerned that bleeding or pain is not stopping, or if you notice major **swelling** (in your mouth, or nearby lip, tongue or cheek).

PAIN RELIEF

- don't take aspirin, which may cause bleeding. Use paracetamol (eg Panadol) or ibuprofen (eg Nurofen) if you require pain relief.

DURING THE FIRST 12 HOURS

- while your lip or cheek is numb, be careful not to bite it
- keep biting firmly on the cotton pad for at least 30 minutes (or more, if your dentist told you a longer time)
- after removing the pad, replace it with a new pad ONLY if bleeding is still happening. Do not replace the pad just because it has blood on it - this is normal. If you have to use a new pad, bite firmly on it for at least 30 more minutes
- do not rinse your mouth vigorously for 12 hours. If you need to clean your mouth, roll a small amount of water very gently in your mouth. Do not spit it out forcefully.

FOR THE REST OF THE DAY

- don't eat/drink anything that is too hot, too cold or too hard. Soft foods like scrambled eggs & yoghurt are good today.
- 12 hours after the tooth is removed, rinse your mouth gently with warm salty water (1/2 teaspoon salt in a glass of water). This can be done every 4 hours (for the next 24 hours) if you wish.

NIGHT TIME

- for the first night, sleep with your head slightly elevated (eg 2 pillows). Put a towel over your pillow to prevent pillow stains from any blood that may dribble from your mouth as you sleep.

Please call us if you have any questions or concerns after your tooth has been removed.