

Tooth Removal/Extraction: Post-operative Instructions

General Info:

Site of tooth extraction fill up with a fragile blood clot, this clot must be undisturbed for a minimum of 24 hours after tooth removal.

DO NOT eat, rinse, drink, gargle or even touch the wound with finger or your tongue.

Brush your teeth as normal but avoid touching the extraction sites but do understand that there may be a bit of bleeding that may follow.

Local anesthesia (LA) effect:

LA effects will last 1-6 hours depending on the amount and site where LA was used, occasionally this may persist for longer periods. So take care NOT to bite or you will traumatise the numb area.

DO NOT eat or drink hot food/drinks until aesthesia has work away completely. Heat will increase the chances of bleeding and swelling of the tissues.

Bleeding from extraction site:

We always ensure that bleeding from the extraction socket has stopped before you leave our surgery. Sterile gauze pack placed over the socket needs to be kept under pressure by biting teeth together for 30mins to an hour. After the stipulated time slide the gauze in quick action so the fragile clot remains in socket. If you notice the socket is bleeding then roll sterile gauze given to you, moisten in drinking water, wring out any excess then place over the socket and bite firmly for a minimum 15-20 mins. If there is further bleeding, repeat with a new pack. Exertion of force such as coughing or any strenuous activity may re-start bleeding so please be aware and avoid such activities.

Analgesics / Pain Killers:

Tablet Paracetamol 500mg x2 every 6 hourly for 4-5 days

Tablet Neurofen / Ibuprofen 400mg 6 hourly for 4-5 days

Tablet Diclofenac 100mg 12 hourly for 4-5 days

Antibiotics & Antiseptic Mouthwash:

Capsule Amoxicillin 500mg 8 hourly for 7 days

Metronidazole 400mg 8 hourly for 7 days (NO ALCOHOL) / Warning: Nullifying effect on Contraceptive pill

Clindamycin 150mg 6 hourly for 7 days

Azithromycin 500mg 24 hourly to be taken with food for 3 days

Chlorhexidine antiseptic mouthwash 0.2% after each meal for upto 5 days /Warning stains the teeth and causes metallic taste sensation. Note: Keep turbulence to minimum

Warm salt water rinse: 3-4 hourly for upto 7 days Note: Keep turbulence to minimum



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Aftercare:

The following day (or at least 8 hours after bleeding has stopped), start to carry out gentle warm salt-water mouth rinses every 3-4 hours. An antiseptic mouthwash such as Corsodyl (0.2% chlorhexidine) or Curasept will also be of help in limiting any superficial infection. (Making sure you are NOT allergic to chlorhexidine)

Antibiotics are not normally required after an extraction though a covering antibiotic may have been given to you prior to surgery. Additional antibiotics may be given if any kind of additional bone graft has been carried out or a particularly extensive infection was present. It is important that you take and complete the antibiotic course(s) as prescribed below. I would recommend daily supplements of “friendly bacteria” by having a pot of bio-yoghurt or a proprietary probiotic drink to replenish gut bacteria

you must avoid excessive alcohol intake. Please avoid alcohol if antibiotics have been prescribed.

Please inform your surgeon immediately if you have any kind of skin rash or swelling, persistent abdominal pain, vomiting, or bloody stools with any of these antibiotics on the surgery number during surgery hours or on their mobile number outside surgery hours.

Ensure you take full course of antibiotics as advised DO NOT stop in-between

If sutures have been placed, they will usually need to be removed after 7-10 days even if they are dissolvable. An appointment will be arranged for you before you leave the surgery. If sutures are left in for too long, then they themselves may become a focus for superficial wound infection if not dissolved.

This information sheet contains general information and must be read in conjunction with your personalised treatment plan, which gives specific advice tailored to your needs.

Digital copy of this document is available on our website www.straightroaddental.co.uk