



Tooth extraction aftercare

A tooth extraction may be required for reasons such as extensive damage or decay. This common dental procedure can effectively remove bacteria and improve overall oral health. Most extractions heal within 7-10 days. Please read the following guidelines to encourage best possible healing.



1300 715 578



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Do not disturb the wound: In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. eating utensils, toothpicks etc.).

Brushing: Do not brush your teeth for the first 8 hours after surgery. Afterwards, you may brush your teeth gently, but avoid the area of surgery.

Mouth wash: Avoid all rinsing for 24 hours after extraction. This is to ensure the formation of a healing blood clot, which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. You may use warm salt water or mild antiseptic rinses after 24 hours a couple of times a day for 7 days.

Do not use a straw: Spitting or sucking through a straw will promote bleeding and may dislodge the blood clot causing a dry socket.

Do not smoke for at least 24 hours: Smoking will promote bleeding and interfere with healing.

Bleeding: When you leave the dental surgery, you will be given verbal instructions regarding the control of post-operative bleeding. A rolled up gauze pad will be placed on the extraction site and you will be asked to change this dressing every 30 mins or so depending on the amount of bleeding. It is normal for some blood to ooze from the area. We will give you a package of gauze to take home in case bleeding continues. Should you need to use the gauze at home, remember to roll it into a ball large enough to cover the wound. Hold firmly in place by biting down onto the gauze for about 20-30 minutes. If bleeding persists, you may fold a tea bag in half and bite down on it. Tea contains Tannic Acid, a styptic, which may help to reduce the bleeding.

Pain: Some discomfort is normal after surgery. Analgesic tablets (i.e. Aspirin, Ibuprofen, Tylenol, etc.) may be taken under your dentist's direction. Prescription medication, which may have been given to you, should also be taken as directed. If pain continues, please call us on 1300 715 578.

Swelling: To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 20 minutes on then 20 minutes off, for an hour or longer if necessary.

Diet: You may eat regular meals as soon as you are able to after surgery. Cold, soft food such as ice-cream or yogurt may be the most comfortable for the first day. It is important to drink plenty of fluids. If any problems occur or you are concerned about your progress, please contact your dental centre.