

Post Extraction Instructions Guide

After a Tooth Extraction

After an extraction, it's important for a blood clot to form to:

- stop the bleeding and
- begin the healing process

That is why your dentist will ask you to bite on a clean padding for about 20 minutes after an extraction. If bleeding or oozing continues after you remove the padding, tie a knot in a clean handkerchief and bite firmly for another 15 minutes. You may have to do this several times. After the blood clot forms, it is important to protect it.

On the day, DO NOT:

- Smoke
- Suck through a straw
- Rinse your mouth vigorously
- Drink hot drinks e.g. tea or coffee
- Brush the teeth near the extraction site
- Exercise vigorously
- Consume alcohol
- Eat hot spicy foods

DO:

- Drink lots of fluids
- Eat a soft, light diet
- Eat protein rich foods

After the tooth is extracted, it is NORMAL to feel some pain and swelling. You can use an ice pack (15 minutes on, 15 minutes off) to keep this to a minimum. The swelling usually starts to go down after 48 hours.

To control discomfort, take pain medication as recommended. Do not take medication on an empty stomach or nausea may result.

DO NOT TAKE ASPIRIN

 "Recent research shows that anti-inflammatories taken BEFORE the anaesthetic wears off helps to decrease pain."

Although at aesthetique we discourage the use of antibiotics, sometimes they may become necessary especially if there was a lot of infection or it was a difficult extraction. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

On the NEXT day:

Clean the teeth next to the extraction site. This must be done gently to avoid disturbing the clot and start to rinse gently with HOT SALT WATER. Dissolve a teaspoon of salt in as hot water as is comfortable, and rinse. Hold the salt water around the extraction site for at least a minute before spitting it out. Repeat as often as possible. The more you rinse, the less the risk of infection and the quicker healing will take place.

You can begin eating normally the next day, or if not by then, as soon as it's comfortable. Also, rinse gently after meals. This helps keep food out of the extraction site. It's very important to resume your normal dental routine after 24 hours. This should include brushing your teeth and tongue and flossing at least once a day. This will speed healing and help keep your breath and mouth fresh.

Call your dentist right away if you have heavy bleeding. severe pain, continued swelling after two or three days, or a reaction to the medication. After a few days, satisfactory healing will take place.

Remember use the email support service if you have ANY concerns at all. We will contact you within 24 hours.