SURGICAL PROCEDURES

Every extraction is different and every person responds differently. This advice will be useful in your recovery:

What to do directly after an extraction

* After an extraction you must keep firm pressure on the gauze swab provided. Keep this in place for approximately ½ hr after leaving the surgery.
* After ½ hr, use a new piece of gauze provided by the dentist, remembering to keep firm pressure.

DO NOT rinse your mouth out for at least 24 hrs. Rinsing and spitting hard may cause the clot to come out of the wound and will promote bleeding and delay healing.

* After 4 hrs you may GENTLY swirl water around your mouth.
* If it continues to bleed, apply pressure on the wound with gauze or a handkerchief for ½ to 1 hr.
* If there is excessive bleeding contact the surgery on 9589 2675.
* The day after extraction, rinse your mouth with lukewarm salt water 3 x daily and continue this regime until the wound has healed.
* Contact us if you have any concerns or problems.

What to avoid

* Avoid smoking as it interferes with the healing process, and the site will take longer to heal. Smokers are more likely to get what is called a ‘dry socket’. If this occurs the wound will become very painful and you will need to see the dentist for a dressing.
* Avoid hot foods and liquids, especially while still numb. When numbness has gone, choose lukewarm liquids and soft foods, and chew away from the wound.
* Restrict diet to soft foods and fluids for the first day or so and return to a normal diet as the swelling and discomfort subside.

Infection

* Infection is uncommon and if occurs will usually present 3-4 days after the extraction.
* Good oral hygiene is extremely important in avoiding infections. Lukewarm salt water mouth rinses 3 times a day, together with teeth and tongue brushing are part of good oral hygiene after extraction.

Lukewarm salt water rinse = 1 teaspoon salt in a glass of warm water

Swelling and pain management

* Swelling is a normal response after surgery and will usually peak after the first 2-3 days and decrease after the 4th day.
* Swelling varies greatly between people and can be significant. It can be minimised by applying ice packs to the face for 20-30 mins in hourly intervals during the first 1-2 days.
* Full recovery is expected to take about 2 weeks.

Bruising and bleeding

* Bruising may occur as the swelling subsides. If a site bleeds following surgery, place a gauze pack directly on the wound and apply firm pressure for 30 mins. If bleeding persists, please contact bc dental on 9589 2675.

Jaw stiffness

* The swelling associated with the surgery may affect the surrounding muscles and cause jaw stiffness and limited mouth opening. This may persist for at least a few weeks after surgery. If you have any concerns, don’t hesitate to contact us.

Stitches

* In some cases stitches are placed to assist in optimal wound healing. Your dentist will advise if any have been placed and whether you need to return for stitch removal. In many cases dissolvable stiches are used, and should dissolve 10-14 days following the procedure.