



Griffith Dental & Medical Surgery

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CARE AFTER DENTAL EXTRACTION

- Please bite down on gauze for half an hour, and then keep changing your gauze until the bleeding has stopped.
- Rinse with warm salty water after 4 hours & then after every meal.
- Rest at home after extraction.
- Do **NOT** smoke for at least 24 hours, as smoking impairs & increases the chance of infection.
- Do **NOT** drink alcohol for at least 24 hours, as this may increase bleeding. It may also interact with any pain killers & antibiotics prescribed by your dentist.
- Drink lots of fluids.
- Use ice packs to reduce any swelling & pain.
- Eat soft foods such as soups, blended vegetables & meat for the first few days.
- If you take any sedating pain killers, **DO NOT** drive or operate machinery or engage in any active exercise for the rest of the day.

POSSIBLE SIDE EFFECTS & COMPLICATIONS

- **PAIN:** May occur once the effects of the anaesthetic have worn off. You may take medication such as Panadol or Panadeine Forte.
- **PROLONGED BLEEDING (Haemorrhage):** Although uncommon this may occur. It can normally be stopped by putting a gauze pack over the socket & applying pressure by biting gently on the gauze for at least 20 minutes. If this treatment does not stop the bleeding, please contact us.
- **DRY SOCKET:** This occurs if the blood clot in the socket washes away or dissolves, exposing the bone underneath. This can cause a constant throbbing pain which may last a few days. If pain persists for more than 2-3 days please contact us.
- **INFECTION:** An infection in the gum or bone may occur after the extraction. If you develop a fever, bleeding or increase pain, infection may be the cause. IF URGENT HELP IS NEEDED, PLEASE CONTACT US!