

# Extraction Post-Operative Care Instructions



DentalOne

For today and the next few days



Rinse your mouth or spit for 24 hours



Exercise



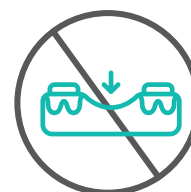
Smoke or drink alcohol



Drink from straw



Brush around extracted site



Poke around socket with tongue or finger

## DO



Apply pressure with the gauze



Eat on other side.  
Eat soft foods



Take a prescribed pain relief if needed

## What is normal?

- Extraction area will be sore for the around 5-14 days
- Blood is likely to be present, and mixed with saliva
- Some inflammation, redness, bruising, and some swelling in the extraction area.
- White strings around the extraction socket which forms around the blood clot.
- Sore jaw
- A hole where the tooth was – it takes weeks for the gum to close over in that area.
- To feel small shards or pieces of bone that might come to the surface of the extraction socket. These are not fragments of tooth and are a normal part of the extraction socket healing.

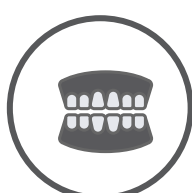
## Call us if



You develop a facial swelling



Have continuing pain for 3 weeks



Numbness in your lip for more than 1 week

We may then ask you to come into the clinic either the morning or evening, and a clinician will see you in between patients. Depending on your recovery, we may advise further review appointments to check your healing process.