

Patient information, After tooth extraction.

Be careful not to bite your cheek/tongue while it's still numb.

Once the numbness wears off the extraction wound can feel sore. It is therefore advisable to take a Paracetamol before the numbness wears off.

The adult (over 12 years) maximum doses are:

- ◆ Paracetamol 2x500mg every 6 hours
- ◆ Ibuprofen 2x200mg every 6 hours

If needed Paracetamol and Ibuprofen can be taken together for additional effect.

Avoid touching the wound too much. After a tooth is extracted the wound needs peace and quiet to heal.

Avoid strenuous exercise the rest of the day after tooth extraction as this can cause the wound to bleed.

Avoid rinsing your mouth for the first 24 hours after extraction. You can drink as usually.

Avoid smoking and alcohol consumption the first days after tooth extraction. Smoking and alcohol delay the healing process.

Brush your teeth thoroughly to keep your mouth clean but avoid touching the extraction wound. In addition to brushing you can rinse with Corsodyl mouthwash after the first 24 hours.

After the anaesthetics wears off you can eat normal food but try to chew mainly in the opposite site as the extraction wound.

It is very common for the chin and gum to be swollen after tooth extraction. This is usually not a sign of infection and the swelling usually goes down after 72 hours.

The wound can appear yellowish for the first week. This is a normal part of the healing process and is not due to infection.

Bleeding from the extraction socket is common and can usually be stopped by making a firm pressure on the wound by biting or holding a gauze or kitchen towel on the wound for 15 minutes. If this is not enough to stop the bleeding call **NHS 111** for advice or go seek emergency care in your dental practice or A&E if the bleeding is very strong.



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Rarely the extraction socket can get infected. This will cause severe pain, bad breath and bad taste. In case of infection your dentist will prescribe antibiotics.