



GP Dental

excellence in dental care

TOOTH EXTRACTION POST OPERATIVE CARE

- Bleeding** A small ooze of blood is common for the first 12 – 24 hours. If bleeding is heavy or persistent:
1. Gently rinse out your mouth with cold water
 2. Place a clean damp gauze pack or similar over the bleeding area and bite firmly on the pad for 20 – 30 minutes
 3. Bed rest with the head slightly elevate.
- If bleeding persists or is severe, please contact the surgery.**
- Bruising** Bruising may occur as the swelling starts to subside.
- Diet** Your diet will need to be restricted to fluids and to soft foods initially. A gradual return to a normal diet is recommended.
- Difficulty** These are due to the anaesthetic or sedation technique employed and should only be temporary. You may find difficulty in swallowing, a sore throat, or muscle pains.
- Discomfort** Always occurs with varying intensity. This should decrease significantly after 2-3 days, reducing the need for painkillers.
- General** **DO NOT** consume alcohol for at least 48 hours.
DO NOT smoke as this will lead to **infection**.
- Infection** Infection is uncommon following oral surgery and if it does occur it will show itself later (after 3-5 days) with increase in swelling and / or discomfort on the onset of a discharge. Please contact us if this occurs.
- Mouth Opening** Limitation with mouth opening normally follows oral surgery and will pass as swelling subsides.
- Oral care** Oral hygiene is very important and promotes rapid healing and resolution of discomfort. Commencing 24 hours after surgery; gently bathe your mouth with warm salty water following each meal, morning and night. A soft brush can be used to gently clean teeth in the area at this time.
- Stitches** These are dissolvable, unless otherwise advised.
- Swelling** This is quite a normal response and usually reaches its peak 36-48 hours following the surgery. It often varies from one side of the face to another depending on the degree of surgical complexity. The swelling will significantly start subsiding after 4-5 days.
- Work** Depending on the type of surgery and occupation, advice will be given. A medical certificate will be provided on request.

Warradale
8298 7699

462 Morphett Road
Warradale SA 5046

Hallett Cove
8387 1733

Shop TA4 Hallett Cove Mall
246 Lonsdale Highway
Hallett Cove SA 5158

Kensington Park
8331 0058

400 Magill Road
Kensington Park SA 5068