

**Extractions / Surgical Extractions
Post Treatment Care Instructions**

1) What to Do

- Place the gauze pad over the surgical area, bite hard on the gauze and change the gauze every 30 minutes. The direct pressure helps to stop the bleeding.
- Do not spit or rinse for at least 24 hours. Spitting and rinsing can increase bleeding by dislodging the blood clot. Please swallow all saliva and blood.
- The anaesthesia will normally last for about 2 - 3 hours, numbness will be felt around the affected area. Soft diet is advisable and avoid hot food and drinks after the anaesthesia wears off. There are dangers of lips / tongue biting if you eat when you are still feeling numb. No smoking under any circumstances.
- Take the prescribed pain medications as soon as you begin to feel discomfort. This usually coincide with the anaesthetic becoming diminished.
- Please complete the whole course of antibiotics dose. Discontinue in the event of rash or any sign of allergy. Call us if you have any questions.

2) What to Expect

- **Pain.** Usually the pain will last for about 3 - 5 days. Discomfort may last for about 1 - 2 weeks. The pain or discomfort should subside more and more every day.
- **Bleeding.** Certain amount of bleeding is to be expected. Slight bleeding, oozing in the saliva is common. This will last for about 48 hours. If there is excessive bleeding, please bite hard on the gauze pad for 30 mins. Call us for further instructions.
- **Swelling and trismus** (stiffness of jaw muscles). Swelling is normally expected and can last for about 3 - 5 days. Maximum swelling takes place after 2 - 3 days post operation. Swelling will affect mouth opening and range of movement of the jaw. Once the swelling subsides, trismus will resolve in time.
- **Bruising.** Development of black / blue / yellow discoloration of the skin is due to blood spreading beneath the tissues. This is normal post operation occurrence and can last for a few weeks.

3) Recovering

- Sutures are placed over the surgery area to minimize post operation bleeding and helps healing. Removal of suture is required after 1 week. Sometimes the suture become dislodged, you can discard the suture.
- There will be a socket where the tooth is removed. New tissue will grow and fill up the area over the next month.
- A dry socket may happen when the blood clot gets dislodged from the walls of the socket prematurely from the walls of the tooth socket. Symptoms such as severe pain at the surgical site 3 – 4 days following surgery and does not respond to painkillers. Call us if the above occurs.

4) We wish you a speedy recovery and see you soon.