

AFTER TOOTH EXTRACTION

There are some additional steps to help you heal after tooth extraction. Do not hesitate to contact your dentist in case of complications.

1. **Hold the cotton pad** placed by the dentist on the wound **20-30min**

2. **Pain.** Soreness of the wound following tooth extraction is normal, as the effect of the anesthetic wears off. Use painkillers to reduce pain:

Paracetamol 500mg x 2 and **Ibuprofen 400mg x1** 3 times a day (they can also be used together) and time between the doses at least 6 hours.

Aspirin is not recommended as it might increase bleeding!

3. **Do not chew or touch the wound** because you might cause an infection. Try to use the other side of your mouth for eating for 24 hours.

4. **Rinsing and hygiene.** Avoid drinking and eating for **3 hours** after the procedure. Hot beverages and alcohol are not recommended. **Do not rinse your mouth on the same day** but the next day you can start mild rinsing if bleeding is under control. You need to be careful, too strong rinsing can wash the blood clot away and cause pain. In that occasion please contact your dentist.

5. After tooth extraction there **can be some bleeding**. You can place another cotton pad on the wound and apply pressure by holding your mouth closed. You can change the cotton pad every 20-30min. You can also apply cold such as an icebag on your cheek. Bleeding can give you a bruise. To avoid bruising and swelling skip exercising for 4-5 days, keeping still and rested. Bruises usually disappear in a week.

6. **Tooth brushing.** Do not brush your teeth for 8 hours and later try to be gentle. A clean mouth provides for faster healing.

7. **Do not smoke** for at least 12 hours as it increases the risk of bleeding.

8. **Fever** occurs sometimes. If it lasts for more than a few days contact your dentist.

9. **Nutrition.** Avoid hot food and beverages. Eat soft food until eating is no longer painful.

