

Home Care Following the Extraction (Removal) of a Tooth

- The initial healing period usually takes one to two weeks, and it is normal to experience some swelling and ooze for the first few days.
- Unless you have an allergy to paracetamol, use Panadol regularly for the first 48 hours. Additional pain relief medication may be recommended.
- Pain and swelling may be decreased by applying an ice pack (or frozen peas) - 20 minutes on, 20 minutes off - for the first 24 hours following the extraction. Afterwards, use a warm pack to assist with pain relief.
- Do not rinse your mouth on the day of the surgery. On the following day, brush your teeth including around the stitches three times a day. Afterwards, rinse your mouth with salt water (dissolve one teaspoon of salt with one cup of warm water) or your preferred mouthwash.
- Smoking, or allowing food particles to pack into the tooth's socket, will significantly affect the healing process and will increase risk of post-operative infection which is usually very painful.
- Take antibiotics as prescribed. If you feel they are causing side-effects, stop them immediately and contact Dr Leinkram to discuss how to proceed.
- Avoid chewing hard foods such as nuts, raw vegetables, tough meats and tough bread.
- Keep your head elevated with pillows to control bleeding. You will be given a supply of gauze sponges to place over the bleeding area. Change the pad as necessary, and use them until the bleeding stops completely. You can also bite gently but firmly on a moist tea bag for 40 minutes. Be sure to call our office if bleeding persists or increases.
- Remember, be sure to gently brush ALL areas of your mouth as you would normally, including the site of the surgery. A gentle ooze after brushing is normal for a few days after your procedure.

Please call us on 02 9386 0595 should you have any queries or concerns.