



CLIENT CARE INFORMATION SHEETS

INSTRUCTIONS FOR CARE FOLLOWING SURGICAL EXTRACTIONS

BLEEDING

Bite firmly on the gauze swab for 20 minutes. If steady bleeding continues, place fresh swab over the surgical site and bite on it for another 20 minutes, avoid excessive exercise and rest quietly. Repeat again if bleeding continues. It is normal for there to be some slight bleeding for up to 12 hours following surgery. For the first night, it is recommended to place a layer of plastic and an old towel over the pillow in case of any oozing that may occur. It will also help to keep the head elevated with an extra pillow until the next morning.

PAIN RELIEF

The anaesthetic will wear off after approximately 6 – 8 hours.

When you first begin to feel some discomfort, take **TWO Ibuprofen** (e.g. Nurofen) 200mg tablets.

If the pain continues to increase, one hour later you can take either:

- a second dose of **TWO Ibuprofen** tablets (200mg)
- a dose of **TWO Paracetamol** (e.g. Panadol) tablets (500mg)

Continue to take **TWO Ibuprofen** tablets every 4 – 6 hours as required for discomfort over the next 2-3 days. Even if there is not too much discomfort, it is important to take most of the Ibuprofen as they will help to reduce swelling.

ANTIBIOTICS

- Take **ONE capsule of Amoxicillin** (500mg) once it is convenient to do so. The antibiotics are to be taken every 8 hours.
- Take **ONE capsule** a ½ hour before breakfast, one mid-afternoon and one at bed time.
- NOTE: It is important to complete the full course of antibiotics.

***Females are reminded that antibiotics can reduce the effectiveness of the contraceptive pill and alternative contraceptive precautions should be taken.*

NUMBNESS

After the surgery, your mouth, lower lip, chin and tongue will feel numb for 6-8 hours. In rare cases there may be an area of residual numbness of the lower lip, chin or tongue. This is usually a temporary condition which will correct itself with time. Avoid biting or burning the tip and tongue when they are numb.

AVOID sucking or interfering with the socket wound. Soft food and plenty of fluids should be taken, but keep away from the surgical area as much as possible. Also avoid smoking and alcohol for 24 - 48 hours.

SWELLING AND STIFFNESS

It is quite normal for the side of the jaw to swell considerably and for the jaw movement to stiffen up after a surgical extraction. This will be at its worst after 24 hours and will improve gradually over the next 2 – 3 days. There may also be some bruising on the face and neck.

MOUTH RINSES

On the day following the surgery, begin to bathe the socket gently with warm salt water – **½ teaspoon of salt dissolved in a cup of warm water**. Hold the mouth rinse gently over the socket for 30 seconds to let the heat soak in. Repeat several times. The mouth rinsing should be done 4 – 6 times a day for up to five days following surgery.

It is important to rinse after meals and at bed time particularly.

Regular tooth brushing (as best you can without causing discomfort) will also help keep the mouth clean.

CONCERNS

If there is prolonged bleeding, excessive pain or you have any other concerns, please do not hesitate to immediately contact our office or phone your dentist at his home.

Office	06 358 3988	Graham Hughes	021 0277 5914
Bruce Wilson	06 329 0760	Ryan Ku	021 042 3345
Susannah Wilson	021 594 947	Venus Hon	022 121 1539