

# EXTRACTION AFTERCARE

## INFORMATION

### INFORMATION SUPPLIED BY:



### ANY PROBLEMS....

### CONTACT DETAILS

Calle Libertad, 44  
Tlas  
Lanzarote

reception@tl-dc.com

www.thelondondentalclinic.com

Tel: (+34) 928 834 016

Emergencies: (+34) 628 353 446

## FIRST 24 HOURS

- Take painkillers as prescribed you can also help relieve pain and swelling by applying an ice or cold pack to the outside of your mouth for 10 to 20 minutes at a time. Put a thin cloth between the ice and your skin
- A wound in the mouth will usually bleed more than one on the skin. Pressure on the wound is necessary to help form a blood clot and thus reduce the bleeding.
- The dentist will immediately place a pack for you to bite on after the tooth is removed, this will put pressure on the wound and help form a clot. Keep the pack in place for at least 20 minutes after the procedure. You can expect some oozing from the socket for about 24 hours.
- Avoid hot drinks, and take small sips when drinking fluids.
- Do not use a straw (the resultant suction pressure can dislodge a clot).
- Eat soft foods in small mouthfuls.
- Do not smoke or drink alcohol.
- Do not rinse your mouth and avoid spitting.
- Take it easy. In particular, avoid exercise.

## AFTER 24 HOURS

- Rinse your mouth out about four times a day for 4/5 days, after meals in particular. Gently do so with a mouthwash or with warm salt water (one-half teaspoon of salt in a cup of luke-warm water). Mouth-rinsing will help to keep the area clean from debris and food, help quicken healing and reduce the chances of getting an infection.
- Be careful not to dislodge the blood clot when brushing near the extraction site for 3-4 days and always brush carefully around the area.
- Stick to a liquid or soft food diet for the first day or two. Examples include soups, yoghurts, fruit milkshakes, smoothies, mashed potatoes, etc. Avoid spicy foods, hot or fizzy drinks for 3-4 days, to prevent irritation and burn.
- It usually takes gum tissue about 3-4 weeks to heal. The bone can take up to 6 months to heal completely. However, pain should be lessening by the second day. But it varies from person to person.

## DRY SOCKET

- A dry socket occurs when the blood clot for healing becomes dislodged or doesn't form. In that case, the bone and fine nerve endings are not protected and exposed to air, food, and liquids. Dry socket delays the healing process and can be very painful. If you suspect dry socket, give us a call immediately.