



# Deakin Dental

## Post extraction instructions

You have just undergone a minor oral surgery procedure (e.g removal of tooth / teeth)  
The following advice is to ensure a smooth recovery:

- The local anaesthetic should wear off after 2-4 hours.
- During this time avoid hot drinks which may burn the mouth.
- Do not rinse your mouth or clean your teeth for the rest of the day - this may wash away the blood clot and cause more bleeding and pain.
- Be careful if eating in order not to bite your lip or tongue.
- It is best to have soft food for example pasta, rice, soup for at least the first 2 days.
- Do not disturb the blood clot in the tooth socket / keep your tongue away.
- The day after your tooth extraction / surgery, you can start cleaning your teeth as normal, but be careful not to disturb the tooth socket.
- Only start rinsing with hot salty mouthwashes after 48 hours:  
i.e. dissolve a teaspoon of normal salt in a large cup of hot water. Allow water to cool until safe enough to avoid burning the mouth. Rinse at least 4 times a day.
- Continue with these rinses for a week.
- If you need to take painkillers, avoid any containing Aspirin, as this may cause bleeding. **Do not exceed the recommended dose of painkillers.**
- If you were given antibiotics, follow the directions and complete the course. If you get a reaction to the antibiotics, e.g. rash, stop taking them antibiotics and contact the hospital, GP or local Accident & Emergency for further advice.
- **Do not smoke** for at least 24 hours as this may delay healing which causes pain.
- Avoid any strenuous exercise for 24 hours.

What if the tooth socket / mouth starts bleeding again and will not stop?

- First rinse gently.
- Then roll up a couple of pieces of the gauze given to you or a clean cotton handkerchief and apply over the tooth socket.
- Bite hard for at least 20 minutes.
- Repeat as needed.

Any concerns please contact the surgery on 02 6282 7711 or the nearest hospital.

Warmest Regards,  
Dr. Sarita Atreya

Unit 9  
Deakin Sports Therapy Centre  
Cnr Denison and King St  
Deakin ACT 2600

02 6282 7711  
hello@deakindental.com.au  
deakindental.com.au