

POST OPERATIVE INSTRUCTIONS - TOOTH EXTRACTIONS

Your dentist will discuss the below points about how to care for your wound following your tooth/teeth extraction(s) today.

Bleeding

Bleeding usually stops within 10min of the procedure. We will make sure your bleeding has stopped before you leave here today.

If you leave with some gauze over the wound this gauze should stay in place for another 10-15min.

If the bleeding starts again when you are at home, put some of the spare sterile gauze provided over the wound with clean hands and **bite down firm for 30min**. That will usually address any minor bleeding.

If you can't control the bleeding with these simple measures **and the bleeding is minor** call the practice. (See 'Emergency Situations' below for severe bleeding advice)

Eating & drinking

You can eat & drink straight away.

Eat pureed or soft foods for the next 5 days. Eg. Soup, yogurt, mash potato, jelly, shakes. But chew away from your wounds.

Avoid very hot and very cold foods/drinks, as these can damage the blood clot in the wound.

Avoid drinking out of a straw for the next 5 days, as the sucking action can 'suck' blood clots out of healing oral wounds.

Rinsing & gargling

If you have blood in your mouth today, you can spit it out. But **do not rinse or gargle any liquid on the day of your procedure**.

Starting tomorrow, gently rinse your mouth with warm salt water 4 times per day. Once after each meal and once before bed. Keep this up for 3 - 5 days. Dissolve 1 teaspoon of salt in a glass of warm water to make the salt water solution.

Brushing your teeth

You can brush your teeth starting this evening. But **do not brush the wounded areas** and keep your tooth brush approximately 2 teeth away from any wounds. After you finish brushing your teeth **spit only. Do not rinse with water**.

Pain

Often all that is required to manage the pain after simple oral surgery procedures is regular paracetamol combined with regular ibuprofen.

See the other side of this information sheet for more information about how to manage your post operative pain.

Antibiotics

Antibiotics are usually not required after most simple tooth extractions.

If you have already started a regime of antibiotics prescribed by another dentist / doctor, complete the course then stop.

Regular medications

Continue all your regular medications as per normal unless otherwise instructed.

Things to avoid

Avoid alcohol, strenuous exercise, smoking/vaping for at least 48 hours. Ideally avoid smoking/vaping for 1 month.

Emergency situations

If you experience any of the following symptoms, go immediately to a hospital emergency department or call an ambulance:

Severe bleeding. Difficulty breathing. Noisy breathing. Difficulty swallowing. Severe swelling. Swelling that starts spreading down your neck and/or under your chin. Altered levels on consciousness/alertness. Collapse.

Acknowledgement of post operative instructions explanation

I hereby acknowledge that Dr Andrew Chan has given me a copy of and explained the above post operative instructions in a timely manner and that I understand.

Patient Name:

Signature:

Date:

POST ORAL SURGERY - ROUTINE PAIN MANAGEMENT

It is normal to experience a period of pain, swelling and discomfort for several days (and up to 3 weeks in rare circumstances) after tooth extractions. Your dentist will discuss the strategies below to help limit the amount of post operative pain experienced.

Immediately after tooth extraction

The local anaesthetic used during your procedure will wear off in approximately 1-2 hours, after this time you will start experiencing some pain and discomfort. We highly recommend you start taking pain medication **before** your local anaesthetic wears off.

Paracetamol & ibuprofen

Routine pain management consists of **paracetamol & ibuprofen**. Both of which are readily available from most supermarkets and pharmacies and do not require a script.

We highly recommend you take **regular** and **maximum** paracetamol & ibuprofen for at least the first 2 days after your procedure. After day 2 we recommend you start taking paracetamol and ibuprofen only if/when required.

Example paracetamol and ibuprofen regime

7am: 2 X 500mg paracetamol tablets	500mg paracetamol tablets: - Maximum of 8 tablets in 24 hours.
9am: 2 X 200mg ibuprofen tablets	
11am: 2 X 500mg paracetamol tablets	200mg ibuprofen tablets: - Maximum of 6 tablets in 24 hours. - Take with some food to help avoid stomach upset
1pm: 2 X 200mg ibuprofen tablets	
3pm: 2 X 500mg paracetamol tablets	
5pm: 2 X 200mg ibuprofen tablets	Avoid any or both of these medications if any of your doctors have told you to do so. And always read and follow the manufactures instructions.
7pm: 2 X 500mg paracetamol tablets	

Treatment under general anaesthesia

If your procedure was performed under IV sedation or general anaesthesia, you may have been given a medication very similar to ibuprofen during your IV sedation / general anaesthesia. If you have, your dentist may advise you to **not start taking ibuprofen until:**

Warnings

KEEP MEDICATIONS OUT OF REACH OF CHILDREN

These instructions and guidelines are not intended for use in children under 16 years of age. Seek other medical advice for oral surgery pain relief in children under 16 years of age.

IBUPROFEN WARNINGS

Do not use ibuprofen:

- If you have a stomach ulcer, impaired kidney function or heart failure.
- If you are allergic to aspirin, ibuprofen or other anti-inflammatory medicines.
- If you get an allergic reaction, stop taking and consult your doctor immediately
- During the first 6 months of pregnancy, except on doctor's advice. Do not use at all during the last 3 months of pregnancy.

PARACETOMOL WARNINGS

Do not:

- take with other products containing paracetamol unless advised to do so by a doctor or pharmacist.
- give to children under 7 years, except on medical advice
- give for longer than 48 hours at a time for children and adolescents, aged 7-17 unless advised by a doctor.
- take for more than a few days at a time in adults except on medical advice

If an overdose is taken or suspected, ring the Poisons Information Centre, Australia 131126, or go to a hospital straight away, even if you feel well because of the risk of delayed, serious liver damage.

Additional pain relief

If you are still in pain after **regular and maximum** paracetamol & ibuprofen then we recommend you take additional pain relief medication such as oxycodone or tapentadol when required. See our "POST ORAL SURGERY - ADDITIONAL PAIN RELIEF" sheet for more information.

Disclaimer

These post operative guidelines were developed by Dr Andrew Chan (MD FRACDS BDS) at Adelaide Tooth Removals & Dental Implants. They are provided as a general guide for use by other dentists performing oral surgery. The advice provided here is general in nature. Your treating dentist may need to modify and/or customise some of the advice here depending on your circumstances and medical history. And it is your treating dentists responsibility to do so if required. Dr Andrew Chan & Adelaide Tooth Removals & Dental Implants take no responsibility for the advice or care provided by other dentists who may wish to use these guidelines. Any dentist using these guidelines agrees to take all responsibility for your care and any advice provided.