



**Dr Han Choi**  
Oral & Maxillofacial Surgeon  
**Dr Rajiv Rajpal**  
Oral Surgeon  
**Dr Sam Goldsmith**  
Oral Surgeon

### **Postoperative Instructions: Tooth Extraction**

#### **Bleeding**

Small amounts of bleeding and stained saliva is normal. If the bleeding is continuous and bright red, then roll up the gauze provided, dampen with cold water and bite down on it over the site for 20 minutes – the pressure helps stop the bleeding. Please try this several times. After this, if you continue to spit out clots or bright red blood then please give us a call.

#### **Swelling**

An ice pack applied to the side of your face helps reduce this. The swelling is often at its worst on day 2-3 after surgery and may cause discomfort with mouth movements. Apply the ice pack to your cheek for 10 minutes then rest for 10 minutes to help with the discomfort.

#### **Diet and fluids**

Please stick to a softer diet for the next 5 days. Avoid hot fluids for the rest of the day. Avoid fruits with seeds for smoothies e.g. strawberries. It is normal to experience food trap in the socket. The hole in the socket will gradually fill up over the next few weeks to months.

#### **Numbness**

It is normal to experience numbness in the lip, chin or on the side of the tongue right after the surgery that may last throughout the day. It is because the surgeon gave local anaesthetic injections. If the numbness continues on the following day, please contact the clinic.

#### **Mouth care**

Leave your mouth alone for the rest of the day.

1. On the following morning, start gently brushing your teeth, avoiding the extraction sites and use the Savacol mouth rinse morning and night until the bottle is finished.
2. After every meal, soak your mouth using ¼ teaspoon salt in a cup of warm water for 30 seconds. This will help with cleansing the mouth and removing food debris. If you experience food trapping at the extraction sites they will dislodge overtime.

Do not rinse the mouth too vigorously with the mouth rinses.

#### **Dry Socket**

Dry socket is a potential complication after an extraction. It is not an infection, and is caused by inflammation of the socket with loss of blood clot. Your symptoms will usually start around 3-4 days after the procedure. Normal post operative pain is often at its worst around three days however with dry socket you may experience 10/10 that radiates down the jaw which is not reduced with regular pain relief. If you are experiencing severe pain developing 3-4 days post surgery and pain relief is not helping please contact the clinic .

#### **Sutures**

You may or may not have dissolving sutures which can take atleast 2-3 weeks to dissolve. They will become looser over this period of time. They may be removed at your follow up appointment.

#### **Sedation**

It is normal to feel quite tired after surgery and this may last for 2-3 days. It is very important that you do not attempt to drive, operate heavy machinery, drink alcohol or make any important decisions for the next 24 hours.

Phone / +64 9 4867778 Email / [reception@nsoms.co.nz](mailto:reception@nsoms.co.nz) Website / [www.nsoms.co.nz](http://www.nsoms.co.nz)  
Suite 8, 3 Akoranga Drive, Northcote, Auckland 0627  
3 Broadway, Newmarket, Auckland 1023  
Dr.Choi / +64 21 179 0668 EMERGENCY ONLY  
Dr Rajpal/+64 27 551 1551 EMERGENCY ONLY  
Dr.Goldsmith / +64 21 512 253 EMERGENCY ONLY