



Important instructions to reduce pain and complications.

- The anaesthetic and numbness can last for some time after leaving the surgery, depending on which type was used. Ask your dentist how long you can expect the numbness to last.
- You can expect some degree of pain or discomfort when the anaesthetic wears off. It may be necessary to take some form of pain relief at this time, such as "Panadol" or "Nurofen". Please let your Dentist know if you cannot take either of these medications.
- Pain and swelling can be minimised by the application of ice packs to the face near the operation site for 20-minutes, every 20 minutes. Ensure the ice is not placed directly on the skin to avoid skin burns, rather wrap it in a thin towel. This may not be necessary for simple extractions.
- Keep pressure on the extraction sites by biting gauze or tissue for approximately 15 minutes after the procedure. If bleeding is still occurring, repeat the procedure for up to an hour. A small amount of oozing is not unusual, however if active bleeding continues, or you are at all concerned, please contact the surgery immediately. You need to be careful when attempting to eat or drink while your mouth is still numb. Cold drinks are fine, but best to resume once you can feel everything again.
- Pain can be expected for a minimum of 24-48 hours post-operatively, depending on the degree of difficulty in the extraction. Your Dentist will be able to give you a guide as to how long you can expect to have discomfort. If the pain is not decreasing after this time, or the site becomes sore after initially improving, please contact the practice for a review appointment.
- If stitches have been used during your extraction, they will dissolve after a period of time. Your Dentist will give you an indication of how long this should take.
- Starting the day AFTER your extraction, you should commence salty water rinses to help healing of the site. Dissolve a teaspoon of table salt into some warm water, and gently rinse the site 3x a day for 3 days. It is important to not be too vigorous with the rinsing to ensure a "dry socket" does not occur.
- A "dry socket" is inflammation of the jaw bone and can occur if the blood clot is lost or food is pushed into the site. Generally, it starts a few days after the extraction, usually after pain has initially settled, and then becomes a deep-seated ache. You will need to contact the surgery to have it treated correctly.
- If you suffer any sweats, fever, swelling or pressure on your throat after an extraction, and you are unable to contact the surgery, please report to your nearest hospital Emergency Department, and then return to the CP Dental as soon as possible for further management.

**Please contact the
surgery if you have
any concerns**