

Tooth extraction

Bleeding and swelling

You can eat two hours after tooth extraction. The food should be soft and cool.

Avoid smoking and heavy physical exertion for a few days.

It is normal to experience some bleeding from the extraction site during the first 24 hours. If the bleeding is heavy, apply a wad of gauze to the site and bite down on it for 30–60 minutes. Repeat if necessary.

You can reduce swelling by applying an icepack to the swollen area on the day of the procedure. The swelling usually goes away in a few days. It may be difficult to open your mouth at first, but it will get easier as the swelling goes down.

Pain and medication

The extraction sites may be painful. Pain medication, either normal over-the-counter painkillers or medication prescribed by your doctor, is recommended for a few days. If you were prescribed antibiotics, finish the course as instructed, even if the pain eases earlier.

Oral hygiene

Rinsing the mouth with clean water is recommended after meals.

An antiseptic mouth rinse (Corsodyl®, Paroex®) can be used for mouth cleaning. Tooth brushing may be resumed the day following the procedure, taking care to avoid the extraction site for a few days. If the wound is closed with stitches, they will dissolve within about two weeks.

Problems

Please get in touch if any of the following occur:

- bleeding is heavy or persists for more than 24 hours
- pain increases after 3 days
- rapidly increasing swelling develops
- you have difficulty breathing or swallowing
- you develop a fever above 38°C

Contact information

If necessary, contact the unit treating you

Phone: _____

Or phone 116 117 during emergency hours.

Dental, Oral and Maxillofacial Diseases

Monday to Friday, 8 am–10 am and 12.30 pm–2 pm

Tel. 02 627 7227