



Roleystone Dental Surgery

Unit 2/9 Wygonda Road
ROLEYSTONE WA 6111
info@roleystonedental.com.au
www.roleystonedental.com.au

Ph: (08) 9397 6337
Fax: (08) 9496 2563

Post-Operative Instructions for Simple Tooth Extraction

A certain amount of swelling, oozing of blood and discomfort is expected after having a tooth extracted. Please follow the post operative instructions below.

For the following 24 hours avoid:

- Rinsing, gargling, spitting
- Smoking
- Alcohol
- Strenuous exercise

Bleeding:

Some oozing is normal the first 24 hours after the extraction. Apply pressure to the site by biting firmly on gauze for about 30 minutes. This should help control the bleeding. Replace the gauze as needed to reduce the bleeding.

Pain Relief:

You may take Panadol/Nurofen every 6-8 hours or as required. Using an ice pack 20 minutes on and 20 minutes off for the first 24 hours can reduce possible swelling. A warm compress can be used 24 hours after surgery to soothe the area.

Oral Hygiene:

Continue brushing and flossing as normal. Be sure to stay away from the extraction site with your toothbrush.

24hrs after extraction begin warm salt water rinses (1/2 teaspoon salt, 1 cup of warm water) 2-3 times daily.

Diet:

A soft diet is recommended the first 2 days after the extraction. You may return to your normal diet as soon as it's tolerable. Try avoiding extraction site by eating on the opposite side.

If you have any questions or concerns, please don't hesitate to contact us on 9397 6337 or Armadale Hospital 9391 2000.