

After extraction care

Most patients heal smoothly with the right care at home. The **first 48 hours** are the most important. Protecting the blood clot that forms in the socket gives the area the best chance to heal well.



— THE FIRST 24 HOURS

DO

- ✓ Bite firmly on the gauze pack for the time advised. Replace it with clean, folded gauze if bleeding continues.
- ✓ Rest with your head slightly raised. Avoid heavy lifting, bending and strenuous exercise.
- ✓ Choose cool or lukewarm soft foods and chew away from the extraction site.
- ✓ Take pain relief exactly as advised. Follow the label and do not exceed the recommended dose.
- ✓ Take care while numb. Wait for normal feeling to return before chewing or having hot drinks.

AVOID

- ✗ No rinsing, gargling or forceful spitting on the day of the extraction.
- ✗ Do not use a straw or create suction, which can pull the clot out.
- ✗ Do not touch the socket with your tongue or fingers.
- ✗ Avoid very hot, hard, crunchy or sharp foods. Do not take aspirin for pain unless prescribed for another medical reason.
- ✗ Do not smoke or vape. This delays healing and raises the risk of dry socket.

BLEEDING: WHAT TO EXPECT

Light oozing or blood-stained saliva is normal on the first day. If bleeding continues, place clean folded gauze over the socket and bite with steady pressure. Contact us if your mouth fills with bright red blood or firm pressure does not control the bleeding.

From the next day through the first week

Gentle cleaning and salt water rinses help keep food and bacteria away from the healing area.

— CARE FOR THE SOCKET

SALT WATER RINSES

- ✓ Start warm salt water mouth rinses the day after the extraction, not on the day itself. Be gentle while the clot stabilises.
- ✓ Mix about half a teaspoon of salt in a cup of comfortably warm water. Hold and move it gently around the area, then let it fall from your mouth.
- ✓ Repeat after meals and around 3 to 4 times a day. Do not swish or spit forcefully.
- ✓ Continue for 5-7 days. A complex extraction may need the full 7 days or different instructions from your dental team.

KEEP IT CLEAN

- ✓ Brush the other teeth normally, but be gentle near the socket and do not scrub directly over it.
- ✓ Gradually return to normal foods as comfort allows. Avoid foods likely to lodge in or irritate the socket.
- ✓ Do not pick at the socket or try to remove the clot or healing tissue.
- ✓ Avoid smoking or vaping for as long as possible, ideally throughout the first week. Finish prescribed antibiotics as directed.

— WHAT IS NORMAL, AND WHEN TO CALL

USUALLY NORMAL

- ✓ Mild oozing on the first day.
- ✓ Tenderness, bruising or swelling.
- ✓ Swelling most noticeable around days 2 to 3, then improving.
- ✓ A pale cream or white layer over the socket as healing tissue forms.
- ✓ Mild jaw stiffness after a more complex extraction.

CONTACT US PROMPTLY

- ⓘ Heavy bleeding that does not settle with firm pressure.
- ⓘ Severe or throbbing pain that worsens after initially improving.
- ⓘ Swelling that increases after day 3, or returns after improving.
- ⓘ Fever, pus, a worsening bad taste or smell, or feeling generally unwell.
- ⓘ Concern that healing is not progressing normally.

URGENT

Difficulty breathing or swallowing is urgent: seek urgent medical care. For other concerns, contact Grange Road Dental. We would rather you call and check.