



Post Operative Extraction Instructions

- After an extraction it is important for a blood clot to form to stop the bleeding and begin the healing process.
- If the blood clot does not form or if it is disturbed or rinsed out, you will develop a dry socket.
- Keep biting on the gauze for 20 minutes.
- If it starts bleeding again, apply direct pressure with a fresh piece of gauze to the socket for 20 minutes. You will have excess saliva in your mouth and a little bit of blood, and this may look like a lot of bleeding, but indeed it is mostly saliva.
- If the bleeding does not stop and keeps bleeding profusely, contact our office.
- After 24 hours rinse with lukewarm salt water.
- Clean your teeth as usual, but just be careful to dislodge the blood clot.
- Do not rinse aggressively as this will dislodge the blood clot.
- Do not drink coffee, tea, or alcohol for next 2 days.
- If you smoke do not smoke for 2 days as you can develop a dry socket.
- No exercise is allowed for the next 24 hours.
- If any sutures were placed, it will dissolve in 14-21 days.
- You might experience swelling and bruising around the extraction site.
- Small pieces of bone might push through you gum over the next few weeks. This is normal and it is called sequestrum. If it bothers, you contact our office.
- Sometimes a dry socket develops after 2-3 days. You will know if you have a dry socket because of the extreme pain and possible bad smell. Please contact our office for assessment and treatment if required.

Contact Details

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