



Care After Tooth Extraction

After a tooth is removed, a blood clot will form inside the extraction socket. This blood clot must stay inside the socket for ideal healing to take place. Should it dislodge, a very painful infection commonly known as “a dry socket” will occur. Therefore, please do not disturb the blood clot. The following advice aims to minimise a dry socket:

- Leave the cotton gauze in your mouth, applying gentle pressure for at least 1 hour.
- Please remove the gauze before eating, drinking or sleeping. Ideally, insert a new piece of gauze afterwards for the rest of today.
- Minimise talking as it could cause more bleeding. If bleeding persists, place a new piece cotton gauze in the correct location and apply gentle biting pressure for at least 1 hour. Blood-stained saliva is normal.
- Brush your teeth as per usual, but avoid brushing the socket and avoid rinsing today.
- Avoid disturbing the blood clot by not licking or sucking the socket.
- Your lip, cheek and tongue may be numb from the anaesthetic. This numb sensation will disappear in the next 1-2 hours. Until then, please do not eat or drink anything hot as you will not feel pain and could mistakenly bite or burn yourself. Please avoiding eating on the extraction site.
- You can consume alcohol as long as it does not contact the socket for prolonged duration.
- Please refrain from smoking for at least 3 days.
- Do not rinse your mouth for the next 2 days. After that, you can resume normal mouth rinse.

If pain increases 2-3 days after the extraction, it is likely that a dry socket has occurred. In addition to pain, you may experience swelling, feeling feverish, and a bad taste. Should this occur, start a vigorous salty water mouth rinse at the socket to remove all food debris and bacteria collected in the socket. In addition, please call the practice to arrange an appointment to see me as soon as possible for management.



Removable Temporary Denture

If you have a removable temporary denture, we must adjust it before you attempt wearing it. Could you please:

- Minimise its use whenever possible to reduce the risk of denture fracture.
- Do not wear this appliance during sleep.
- Keep the denture as clean as possible by brushing thoroughly daily using toothbrush and toothpaste on all surfaces. Avoid using boiling water or microwave.
- Do not apply denture adhesives on the denture where it touches the extraction socket.
- Keep away from pet dogs...

Should your denture break:

- For immediate repair (e.g. whilst on holiday, etc.): first dry the fractured surfaces, then apply a drop of super glue (i.e. not over the entire gum fitting surface), then wait a few hours before use.
- For a professional repair, please attend to a denture clinic for on-the-spot repair which is much cheaper than going through us. We recommend the following denture clinic:

Mrs. Sanela Polis
Northern Beaches Denture Clinic
22 Starkey Street, Forestville
Phone: (02) 8094 9639

Please note: If you purchased the temporary denture from our practice, generally speaking, all repairs are carried out at no cost when done by the above denture clinic.