



What to do after a tooth extraction

To help the healing be as quick and successful as possible, please follow the advice below.



NOW

- Bite firmly on the **gauze pad for at least 20 minutes**, so that a proper blood clot can form in the socket – over the following weeks, bone and gum will form from it.
- **Do not eat or drink** while the anaesthetic is still working (**2.5–3 hours**), as you may bite your lip or tongue, or swallow the wrong way. If you have bitten your lip: apply ice, and rinse gently for 3–4 days with a **chlorhexidine** mouthwash (*Corsodyl, Curasept*).
- To reduce swelling, **apply a cold compress / ice pack** to the affected side of your face (especially after surgical extraction), in 15–20 minute periods with short breaks.
- On the first night, **sleep with your head elevated** (on an extra pillow) – this helps reduce bleeding and swelling.
- **Pay close attention to oral hygiene**: clean the wound from the first evening, or at the latest from the second day (with a soft toothbrush or a finger with toothpaste), so that it stays clean and plaque-free – this helps prevent secondary infection.
- Take the **medicines as prescribed**:
 - the **antibiotic** (*Augmentin, Akitil, Aksolin, Amokil, Curam, Dalacin, Klion*) **until the pack is finished**,
 - the **painkiller** (*Apranax, Dolgit, Cataflam, Ketodex, Flector powder, Xilox powder*) only if needed, **at most 3 times a day**.

If you did not receive a prescription and are in severe pain: **Cataflam Dolo** or **Flector Dolo** are available over the counter at the pharmacy – take at most 3 times a day when in pain.



FOR 3 DAYS

- ✓ **Be sure to brush your teeth and clean the wound twice a day!**
- ✓ On the first day avoid hot food and drinks – eat **soft foods** (soup, vegetable stew, puréed meals).
- ✗ **Do not** consume **milk, dairy products or egg dishes** (to avoid live cultures and bacteria) – keep a dairy- and egg-free diet (tea, soup, soft drinks, biscuits).
- ✗ **Do not** touch the extraction site with your tongue or a toothpick.
- ✗ **Do not** rinse your mouth!
- ✗ **Do not** drink strong alcoholic beverages!
- ✗ **Do not** eat foods containing **seeds or small grains** (they can get stuck in the wound).
- ✗ **Do not** suck on the wound and **do not** use a **straw** – if the blood clot is dislodged, an empty socket forms in its place.
- ✗ **Do not** smoke!
- ✗ Avoid **bending over** and heavy **physical exertion**!



LATER

After an extraction, it is worth considering **replacing the missing tooth as soon as possible**. A long-standing gap can cause the neighbouring teeth to tilt, the opposing teeth to over-erupt, and the bone in the area to deteriorate progressively. A persistent missing tooth can cause serious eating and aesthetic problems, and may lead to the loss of further teeth.



PROBLEMS

- If the wound **starts bleeding again**: bite on a piece of gauze or a rolled-up clean paper tissue, keep the pressure on for **at least 20 minutes**, then discard it. If the bleeding continues, contact our practice or the dental emergency service.
- If the wound still hurts with constant, unrelenting, **throbbing pain beyond the 4th day** after the extraction, contact our practice or the dental emergency service so we can help.

Dental practice of Dr. Zoltán Dul

Office hours: Monday, Wednesday: afternoon (14:00 – 18:00)
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Phone: **+36 (94) 900 – 892**

Dental Emergency Service – Szombathely

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Failure to follow these after-extraction instructions may lead to renewed, increasing pain and inflammation!
Please always follow the advice above for quick and successful healing!