



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 10 minutes**, so that a proper blood clot can form in the socket – over the following weeks, bone and gum will form from it. *If a baby tooth was extracted, the permanent tooth will later erupt through this site.*
- **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).
- On the first day avoid hot food and drinks – give your child **soft foods** (soup, vegetable stew, puréed meals).
- **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 inflammation!
- Take the **medicines as prescribed:**
 - the **antibiotic** (Augmentin, Aktil, Aksolin, Amokil, Curam, Dalacin) **until the pack is finished**,
 - the **painkiller** (Cataflam drops) only if needed, **in the amount stated on the prescription**.If you did not receive a prescription and your child is in severe pain: **Nurofen** may be given.



FOR 3 DAYS

- ✓ **Be sure to brush your teeth and clean the wound twice a day!**
- ✗ **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** eat foods containing **seeds or small grains** (they can get stuck in the wound and cause inflammation).
- ✗ **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.



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 city 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)
Tuesday, Thursday: morning (08:00 – 12:00)
Friday: morning (odd weeks), afternoon (even weeks)

Phone: **+36 (94) 900 – 892**

Dental Emergency Service – Szombathely

Address: Szombathely, Markusovszky Lajos u. 8.
Office hours: weekends and public holidays: 08:00 – 14:00
Phone: **+36 (94) 313 – 340**



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!