

Post-Surgical Instructions

NOTE:

Do NOT take Vitamin C on the day of the procedure as it may prevent the Local Anaesthetic having its normal numbing effect.

What to Expect

Most extractions will be approached surgically. This allows for a very gentle extraction and access to the socket. All abscess tissue and infected bone are removed. These procedures are in most cases, completely painless.

Going Home

- It is best, although not essential, to have someone take you home. We will be happy to call your pick-up person or a taxi when you are ready to leave.
- It is best to rest at home for the remainder of the day and preferably the next day.
- Don't plan to drive or operate any dangerous machinery, as it is possible that your reflexes may be slower than normal.

To Minimise Bleeding And Swelling And To Promote Healing

- Maintain biting pressure on the gauze for at least 3 hours. If bleeding persists after this time, roll up another gauze pack tightly, dampen it with warm salt water and repeat. It is common for a slight oozing of blood to persist for 24 hours.
- Another option which may sometimes stop bleeding is to place a wet tea bag on the socket.
- Take some gentle analgesics before the Local Anaesthetic wears off. This will extend your pain free period.
- Homeopathic Arnica may assist pain control.
- Herbal mixtures are available which help to promote bone regeneration and healing.
- Today, do not smoke or drink alcohol and avoid physical exertion.
- The next day you should gently rinse with warm, salted water to make the wound more comfortable and promote healing. Bathe the wound 3 times per day for the next week – Be Very Gentle.
- You can also use a mouthwash of water with **a single** drop of Tea Tree Oil – stir thoroughly to 'mix' the oil and water. - Be Very Gentle.
- Next day start Vitamin C supplements.
- It is rare to experience severe pain after such a procedure. If this happens please call us immediately.
- Preferable do NOT eat till all local anaesthetic effects have worn off.
- Diet - at first eat soft nutritious foods. Avoid hot or hard food and drinks. It is common for some discolouration (bruising) to occur on the face. This black and blue mark will usually turn yellow and fade within a few days.
- Remember, we're here to help. Be sure to call the office if you have persistent bright red bleeding or severe or worsening pain or any other problem.

Healing Outcomes

- When treated as above the bone will usually heal uneventfully and painlessly.
- There is always a possibility that the bone may become infected and a dry socket will develop. This is usually very painful and must be treated dentally. Usually, it takes about 48 hours for a dry socket to develop. Thankfully this is an extremely rare occurrence.
- Sometimes the bone will appear to heal normally and asymptotically, but in a sense is a false healing. The surface bone heals over but a hole remains deep in the bone. These are called NICO lesions or Cavitations. There are many contributing factors (see handout). For this reason, we recommend checking all extraction sites approximately one year after the extraction.