

## Information after extraction

Today you have had an extraction.

There are some special precautions you should follow.

After an extraction the body is always weakened somewhat. Respect this and rest when you are tired. Drink and eat in normal amounts if possible to give your body the best possible terms for healing.

If you have been given a prescription it is important to pick up the medication and follow your dentist's recommendations for use.

To avoid bleeding and pain from the surgical wound follow these rules.

1. Avoid touching the wound.
2. Maintain good oral hygiene.
3. Avoid smoking the same day as the extraction.
4. Avoid physical exercise the same day as the extraction.
5. Stick to cold, liquid foods on the same day as the extraction.
6. If the dentist has given you a mouthwash, use it.

Even if you stick to these rules you will normally bleed a little from the wound the first 24 hours after the extraction, you will likely have moderate pains and the area of operation may swell. This is completely normal.

The swelling will normally increase the first 2-3 days and then start to subside. When the swelling subsides, discoloration of the skin may occur over the area. A swelling that still increases after the 4<sup>th</sup> day after the extraction may mean that the wound has been infected.

If you develop fever in the days after your extraction it could be a sign of infection in the wound, and you should contact your dentist or doctor.

Read more on [Toothportal.co.uk](http://Toothportal.co.uk)

Searchword: "Extraction"

