

Information regarding tooth removal

It is natural to be concerned after you have a tooth/teeth removed. Fortunately it is exceedingly rare to have problems after this treatment and we are happy to provide you any care and information that you require.

The early phase of healing occurs between 1 and 2 weeks. In this time a blood clot forms to stop bleeding and the gums begin to grow over the tooth socket(s).

Healing in this phase is improved in patients who have:

- Simple extractions
- Excellent oral hygiene
- Use mouthwash as advised
- Do not disturb the blood clot
- Have stitches – in some instances

Healing in this phase is reduced in patients who:

- Have difficult extractions
- Have some medical conditions
- Smoke

In this early phase it is common to have tenderness, swelling, bruising and oozing from the socket.

The middle phase of healing occurs from 2 to 6 weeks. During this time the gums complete healing and the bone of the tooth socket(s) starts to change.

The late phase of healing occurs after 6 weeks. During this time the gums mature and the bone underneath continues to change. In essence the gums and the bone in the socket(s) starts to be lost as there is no longer a tooth next to it. This process can be modified with additional procedures which allow a more favourable architecture for placing an implant.

Advice after tooth removal

I recommend the following after removal of a tooth:

To rest for the remainder of the day. I do not recommend that you exercise or undertake vigorous activity for the remainder of the day or the following day. You may wish to take the following day off work or work from home.

Place a cold pack or a pack of frozen vegetables covered in a cloth on the area. This reduces bleeding, soreness and swelling.

Do not rinse your mouth for the remainder of the day. Gentle rinsing of your mouth 4 -6 times a day, from the following day is suitable. This can be with the mouthrinse that we provide you or a warm salt water mouthwash.

You can brush your other teeth carefully but do not brush within 3 teeth of the area of extraction.

To minimise discomfort I recommend that you take the following medication(s):

- Paracetamolmg, four times a day for days
- Ibuprofenmg, four times a day for days
- Codeine is also useful for some patients.
- Do NOT take Aspirin
- Do NOT take any medications to which you may have an allergy

If oozing occurs use the gauze provided or a handkerchief. Dip this in cold water, wring it out and bite firmly for 30 minutes. You will also need to place a cold pack in that area as outlined above.

Eat cool soft food for the remainder of the day, and if possible the following day e.g. ice cream, pasta, eggs *et cetera*

If stitches are placed they may be irritating but please try not to pull them. Occasionally they may come out before the re-assessment appointment but please do not be concerned about this.



Additional information

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When to seek further care

Further telephone advice is occasionally required but further treatment is rarely indicated.

If you have the following problems please contact the surgery:

- Severe pain that disturbs your sleep
- Severe bleeding that does not stop after biting on a gauze/handkerchief and applying a cold pack
- Pus discharging from the area

Please do not hesitate to contact me if you have any queries on 07957391314 or aj@advancedrestorativecare.com

A handwritten signature in black ink that reads "Ray-Chaudhuri".

Mr. AJ Ray-Chaudhuri BDS MFDS RCSEd MJDF RCSEng LLM AHEA FDS RCSEng

Implantologist and Specialist in Restorative dentistry, Prosthodontics, Periodontics and Endodontics