



„MANO ŠEIMOS GYDYTOJAS“, UAB

INSTRUCTIONS FOR THE PATIENT AFTER TOOTH EXTRACTION OR ORAL SURGERY

1. **Bleeding.** Continue to bite on the gauze placed in your extraction site for 30 minutes, maintaining firm pressure. If the bleeding continues, change the gauze with a new one and continue to bite on the new gauze for the subsequent 20 minutes. Repeat the cycle if needed.
2. **Smoking and drinking alcohol.** Do not smoke for at least 12 hours after the tooth extraction. Smoking interferes with wound healing. Do not drink alcohol for at least 24 hours after the procedure.
3. **Mouth rinsing.** Following the procedure, do not rinse your mouth or spit for one day to prevent a blood clot from dislodging from the wound. Rinse your mouth with a mouth washing liquid based on chlorhexidine after each meal starting with the next day after the procedure. Rinse with *Sol. Chlorhexidine* 0.2% after each meal, keeping a small amount of the solution in your mouth for about 30 seconds, continue for 5–7 days after the procedure and, afterwards, rinse your mouth with the solution twice per day for the subsequent 5–7 days.
4. **Swelling.** Apply cold packs or ice wrapped into a towel to your face in the area of extraction in order to bring the swelling down. Cold has to be applied in 30-minute intervals: 30 minutes on and 30 minutes off, for 4–5 hours.
5. **Pain.** Before effects of the local anaesthesia wear off, administer pain-relief medications. Usually, for a grown-up person it is enough to take 2 tablets of Paracetamol 500 mg or 1 tablet of Ibuprofen 400 mg. If needed, these pain-relief medications can be taken daily. You must take the pain-relief medications if prescribed by the Doctor. The wounds usually heal in 2–3 weeks. The discomfort may continue for several days and up till one week after the procedure; therefore, it is normal to control it with the pain-relief medications.
6. **Food.** Do not eat for 2 hours after the procedure or till effects of the local anaesthesia wear off. Following the procedure, refrain from hot food and/or drinks for one day. Only soft and light food is recommended during the subsequent 24 hours.
7. **Sutures.** In case the wound is sutured with absorbable stitches, they will dissolve by themselves. You will not need to schedule any appointment for their removal. Otherwise (in case the wound is sutured with non-absorbable stitches), you will need to arrive for their removal in 7–10 days after the procedure.
8. **Medications.** In case you are prescribed medications, take them in the dosages prescribed by the Doctor.
9. **Hygiene.** Adequate oral hygiene will speed-up the healing process. During the first days after the surgery, take care not to injure the surgery site or not to damage the stitches. Brush your teeth gently.
10. **Other information.** In case you are at risk of developing an oroantral fistula (pathological abnormal communication between the oral cavity and maxillary sinus), take all precautions necessary to maintain a constant pressure in the nasal/oral cavities: refrain from hard physical labour and exercising, bending, lifting heavy objects, closing your mouth when sneezing, drinking liquids through a straw, and travelling by plane.