

Instructions after tooth extraction

These instructions tell you what you need to do after tooth extraction to help your mouth heal well.

Stopping the bleeding

The dentist has placed a compress at the site where the tooth was extracted from. It helps the blood to clot and speeds up wound healing.

- Bite down on the compress for at least 30 minutes.
- If the bleeding continues, wash your hands, replace the compress with a new one and bite down again for 30 minutes.
- Repeat until the bleeding stops.

Eating

- Do not eat until the local anaesthesia has worn off. This usually takes 2–3 hours.
- On the day of the tooth extraction, eat only cold, soft foods.
- Do not drink with a straw.

Mouth care

- Do not rinse your mouth, spit or touch the wound.
- Brush your teeth with a soft brush, but avoid brushing the wound area.

Avoid the following

- Do not smoke or drink alcohol for a few days.
- Avoid strenuous exercise for a few days.

For the pain and swelling

It is normal to have pain, swelling and bruising in the mouth after tooth extraction. You can ease these symptoms by holding a cold compress to your cheek. Take anti-inflammatory medicine if necessary.

Call in case of problems

- weekdays 7.00–14.00, tel. +358 9 310 51400
- evenings at 14.00–21.00, weekends and public holidays at 8.00–21.00 tel. +358 9 471 71110
- at night at 21.00–8.00 tel. 116 117