



This information is intended as a resource for existing patients of Blackburn Dental Group, and is designed to be used in conjunction with advice given directly by one of our dentists. You should not act on any of the information contained therein without first seeking your own dental advice.

Care of Mouth after Extractions

- Do not rinse your mouth for at least 6 hours after extraction
- Do not disturb the blood clots by sucking or putting fingers in the mouth
- Continue to gently brush teeth as it is important to keep the mouth clean. However, care must be taken not to disturb the surgical site(s)
- Frequent warm salty mouth washes will speed recovery, and should continue for 1-2 weeks
- Alcohol and smoking should be avoided for 7 days
- Food and non-alcoholic fluids can be taken freely according to your tolerance, but hot substances should be avoided for the rest of the day
- Be careful not to bite the numbed cheek, lip or tongue
- Following surgical procedures, there may be local swelling which reaches a maximum in 2-3 days, after which it should subside gradually
- Post-operative pain is best controlled by regular use of painkillers
- There may be some bleeding following the extraction. If this persists, place a tightly rolled gauze pad over the wound and bite firmly for 20 minutes
- If there are any concerns, advice can be sought from your regular dentist at BDG during opening hours. Week-end emergency contact is available for complications following tooth extractions.

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