LUSSO DENTAL

Tooth Extraction

Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

TOOTH EXTRACTION

Your care guide

A tooth extraction is the removal of a tooth that cannot be saved or is causing problems. It can be a simple extraction or a surgical one where a small cut in the gum is needed.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

Before your appointment

- Tell us about all your medicines, including blood thinners, bisphosphonates, denosumab, steroids and any cancer treatment.
- Do not stop any blood thinner unless your doctor advises it. If you take warfarin, we will need an INR result, ideally from within 24 hours of treatment.
- Eat a light meal beforehand unless you are having sedation, when we will give you separate instructions.
- Avoid smoking for as long as possible before and after, as it increases the risk of dry socket.
- Have paracetamol and ibuprofen at home if they are suitable for you.
- If you are having IV sedation, arrange an adult escort and do not drive for 24 hours.

On the day

- We will check your medical history and medicines and confirm your consent.
- Your tooth will be numbed. You will feel pressure and pushing but should not feel sharp pain. Tell us if you do.
- You will bite on gauze for at least 15 to 20 minutes after the extraction.
- We will give you written aftercare advice and our contact details before you leave.

RECOVERY TIMELINE

After your treatment

WHEN	WHAT TO EXPECT AND DO
First 24 hours	Bite on gauze if it bleeds. Rest, keep your head raised and avoid rinsing, hot drinks, exercise, smoking and alcohol.
Days 2 to 3	Start gentle warm salt water rinses after meals. Swelling usually peaks around day 2 or 3. Take painkillers per pack instructions if suitable.
Days 3 to 5	Pain should be improving. A deep ache that gets worse may be dry socket, so contact us.
First week	Stitches usually dissolve in 7 to 14 days. Keep the area clean and eat soft foods.
4 to 6 weeks	The gum will have closed over. The bone continues to heal for a few months. We can discuss replacing the tooth.

Please do

- Bite firmly on a clean damp gauze or tea bag for 20 minutes if bleeding starts again.
- Eat soft foods and chew on the other side.
- Brush your other teeth normally, carefully around the socket.
- Use warm salt water rinses from the day after the extraction.
- Take paracetamol or ibuprofen per pack instructions if suitable.

Please avoid

- Do not rinse, spit forcefully or use a straw for 24 hours.
- Do not smoke or vape for at least 48 hours, and ideally longer.
- Do not drink alcohol for 24 hours.
- Do not poke the socket with your tongue or fingers.
- Do not do strenuous exercise for 24 to 48 hours.

WARNING SIGNS

When to contact us

- Contact us if bleeding does not stop after 20 minutes of firm pressure on gauze.
- Contact us if pain gets worse after day 3, or you notice a bad taste or smell.
- Contact us if swelling increases after day 3 or you have a high temperature.
- Contact us if numbness lasts more than 24 hours, or if you notice air or liquid passing between your mouth and nose after an upper tooth extraction.
- If bleeding is heavy and will not stop, or swelling affects your breathing, swallowing or eye, call 999 or go to A&E. Out of hours, call NHS 111.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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SCAN TO REGISTER

CALL	WHATSAPP	EMAIL
01932 507650	07835 798 611	hello@lusso.dental

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