

Contact Details

Oral and Maxillofacial Department County Hospital

Nurse's Base Tel: 01785 230577

Monday to Friday 9.00 am to 4.00 pm

Stoke Hospital

Nurse's Base Tel: 01782 674801

Medical Secretary Tel: switchboard 01782 715444

Approved May 2025

Review : May 2028

Patient Information Leaflet

Post operative extraction



Please speak to a member of staff if you need this
leaflet in large print, braille, audio or
another language

Introduction

This leaflet will explain the extraction procedure and what to expect. If after reading the leaflet you have any questions, please speak to a member of the team.

Procedure

The extraction area will be made numb and lasts up to 4 hours after the procedure. Avoid biting your lip/tongue during this time.

After the procedure

- Do not spit, wash or rinse your mouth out on the day of the procedure as it may stop a healthy blood clot forming and you may get an infection.
- Brush your teeth as normal being careful of the extraction area.
- 24 hours after the procedure, rinse out after every meal to keep the socket(s) clean. Use a teaspoon of salt in a tumbler of warm water.
- Eat soft food for 48 hours and gradually return to eating a normal diet. Your mouth opening may feel restricted for a few days.
- Do not smoke for 48 hours after the procedure.
- Avoid strenuous exercise and alcohol as this can cause renewed bleeding.
- Stitches (sutures) will dissolve in about 6 weeks and come away on their own. Once the area has healed, you can use your toothbrush to encourage them to come away quicker.

Bleeding. If bleeding should occur, use a clean handkerchief or gauze to apply firm pressure on the socket area for at least 20 minutes. The pressure should stop the bleeding. If it persists after at least 2 attempts, contact the department or attend A&E outside of our working hours.

Pain. Pain relief such as paracetamol or ibuprofen can be used to help manage any pain. This will gradually improve over 7-10 days.

If you have an increase in pain after a few days, this may indicate an infection, a dry socket or local irritation, so please seek advice from the department.

Swelling and Bruising. This is common after surgery but will start to reduce 2-3 days after and resolve by 7-10 days. Bruising can occur to the face and may affect the neck which can take up to 2 weeks to resolve.

NOTES Use the space below to write questions