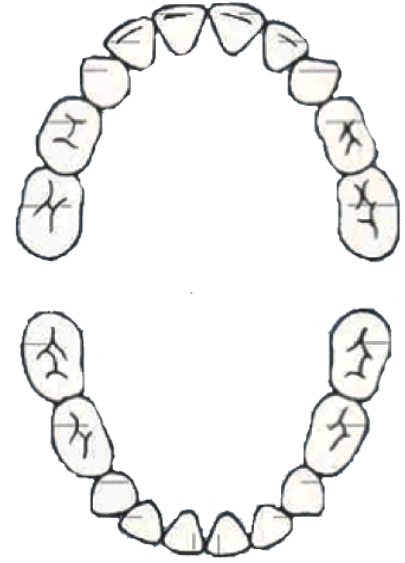


Resident:	
Time seen:	
Date:	

Extraction Site/s



**Now that a tooth or teeth have been removed we recommend the following:**

- Do not brush the Resident's teeth or rinse their mouth for the first 24 hours. Gentle rinsing with a warm salt water solution and gentle brushing can be done post 24 hours.
- Do not apply heat to the face unless the dentist has instructed this, since this can increase swelling.
- Ask the Resident to avoid forceful spitting, use of straws, sucking, and smoking. These things may interrupt the formation of a blood clot.
- The resident's diet should be limited to soft food for the first 24 hours. It is also important to drink plenty of fluids. Extremes in temperature should be avoided.
- Try to get the Resident to rest as much as possible as this will help the healing process

**Some side effects and solutions.**

**Swelling**

This is normal following surgical procedures in the mouth. After 2-3 days, the swelling should begin to recede.

Swelling may be reduced with the use of ice or cold packs to the side of the face. a regimen of 15 minutes on and 10 minutes off during the day of surgery. Also, keep the head elevated and minimize excessive motion during the first 8-12 hours after surgery.

**Discomfort**

Though you may feel no discomfort at all, please see below for things to do just in case! Liquid and soft foods are recommended for the first of couple days (ie- milkshakes, yogurt, soups, mashed potatoes, bananas etc) Also, please take all medications as directed, since they are prescribed to not only control discomfort, but to reduce swelling and infection. It is a very good idea to begin taking medications, like paracetamol, prior to the numbness wearing off.

**Haemorrhage**

Bleeding or 'oozing' may occur during the first 24 hours, but will usually stop fairly quickly as a natural blood clot forms over the wound. We should have been made aware of any bleeding problems and or if the Resident has been taking blood thinning medications such as Warfarin or Aspirin before any procedure was commenced.

To help form a blood clot and start the natural healing processes, ask the Resident to gently bite on the gauze/sponges provided by the dentist for the first 1-4 hours. Should it need to be replaced, we recommend dampening the gauze prior to placing it in the Resident's mouth, thereby making it easier to remove later.

Any replacement gauze should be large enough to just protrude from both sides of the gum when placed in the cavity.

Even though it is extremely rare that there should be complications post extraction that require emergency after hours consultation, you should call the Dental Hospital, 720 Swanston Street, Carlton, 3053 on **03 9341 1000**.

Form issued to care staff by:	Print name:	Signature:	
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