



Information from your dentist

Extraction

Practical information

- **Healing**

It takes about ten days before the wound is completely closed. The wound heals the fastest when the blood in the wound can clot well. Therefore, you should not vigorously rinse the mouth on the first day, in order to prevent rinsing away the clotting. We advise you not to smoke and/or to drink alcohol on the first day. This namely inhibits the healing of the wound.

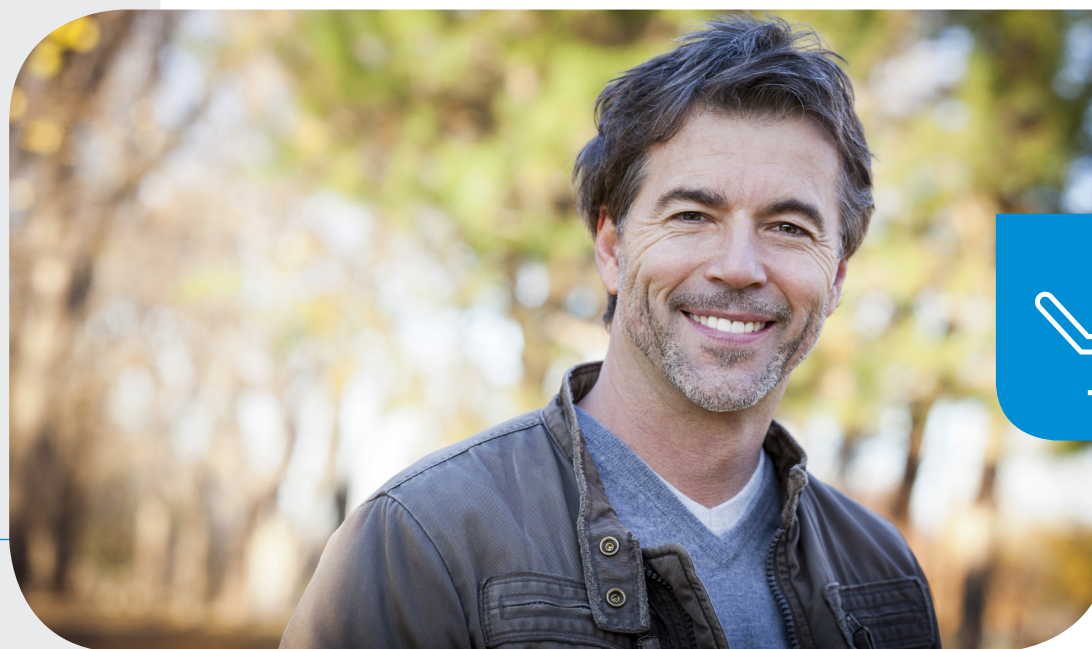
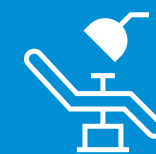
- **Eating and drinking**

After one or two hours, you can carefully resume eating and drinking. If the anaesthesia has not yet completely worn off, then be careful, because you can easily bite your lip or cheek.

- **Tootbrushing**

When the anaesthesia has worn off, you can again brush the teeth normally. Just be careful around the place where the tooth or molar has been extracted.

In the event of infections, bleeding, pressure points or concerns, you can always contact the practice.



Extractions

Pulling of teeth or molars.

Sometimes, it is necessary to have a tooth or molar removed. Reasons for this can be: tooth decay, gum infection, lack of space or because no other treatment is possible any longer. A wisdom tooth can also be removed when it does not erupt properly. The intervention is usually painless, thanks to the anaesthesia.

How do you prepare yourself for the extraction?

On the day of the treatment, it is important that you eat normally in advance. If you take medicines, you can take these normally. If you use anti-coagulants, you should report this to the dentist well in advance. In that case, you must namely, in consultation with the treating doctor or thrombosis service, temporarily stop this medicine. It is always advisable with the use of other medicines to inform the dentist about these as well.

In the event of infections, bleeding, pressure points or concerns, you can always contact the practice.

After the treatment

When the anaesthesia wears off after one to four hours, you can expect pain. You do not have to be overly concerned about this, since this pain is usually well suppressed with a painkiller like paracetamol. You should not take any aspirin because this inhibits blood clotting. If you take certain medications, the dentist may prescribe another medication for you. Report this to the person treating you in a timely fashion.

Immediately after the extraction of the tooth or molar, the wound is going to bleed. The dentist will usually have you bite on a piece of gauze in order to stop the bleeding quickly. If you remove the gauze from your mouth after 15 minutes and there is still bleeding, you should bite on the gauze again. If there is still bleeding after a couple of hours, then contact the practice in any case. You can develop a mild fever after the pulling of a tooth or molar. If the body temperature exceeds 39°C, then contact the practice.

For the pulling of wisdom teeth in the lower jaw, you can develop a swollen cheek. In order to reduce this swelling, you can cool the face somewhat immediately after the extraction, for example with ice cubes wrapped in a washcloth.

The swelling can increase for up to three days after the extraction. A blue discoloration can also arise (haemorrhage). If the swelling continues increasing or if you develop difficulty swallowing, then contact the practice. In any event, the bone around the tooth or molar that was pulled will be inflamed. Usually, the pain increases after a few days instead of decreasing.

In order to prevent problems, a number of tips are given here:

If you have a prosthesis, this serves as a dressing for the wound; leave this in your mouth for 24 hours.

On the same day, do not:

- rinse
- drink alcohol
- smoke

Any complaints can last up to 10 days. If there are stitches, these will fall out on their own, unless you have been informed otherwise. If you still have questions, you can always contact the practice.

