

A close-up portrait of a woman with long, straight blonde hair, smiling warmly. She is wearing a light pink sweater with a white Peter Pan collar. The background is black, and the entire image is framed by a teal border.

 Seapoint Clinic

# Tooth Extractions

AFTERCARE & INSTRUCTIONS

# Welcome to Your Tooth Extraction Journey

Congratulations on completing your tooth extraction at Seapoint Clinic! This procedure is an important step towards improving your oral health and preventing further complications.

At Seapoint Clinic, our experienced team is dedicated to ensuring your recovery is as smooth and comfortable as possible through expert care and guidance.

Tooth extraction may have been necessary due to severe decay, infection, crowding, or damage that could not be repaired.

While the procedure itself is straightforward, the healing process requires careful attention to avoid complications like infection or delayed healing.

Proper aftercare is essential to promote the formation of a healthy blood clot at the extraction site and to support your body's natural healing process. With the right care, most patients recover fully within 1–2 weeks.

## The Benefits

**1 | Pain Relief:** Removing a severely damaged or infected tooth

eliminates chronic pain and discomfort, improving your quality of life.

**2 | Prevents Infection Spread:** Extraction stops the spread of infection to surrounding teeth and gums, protecting your overall oral health.

**3 | Improves Dental Alignment:** Extracting overcrowded or impacted teeth creates space for better alignment, especially if orthodontic treatment is planned.

## What to Expect

An extraction is a traumatic procedure, and it is normal to be a little tender afterwards, experiencing some discomfort and swelling for a few days.

These symptoms typically peak within the first 2–3 days and gradually subside. Our team has provided you with instructions and recommendations to manage this initial phase. Full healing of the gum tissue can take a few weeks, while the underlying bone may take several months to fully recover.

Following the guidelines below will help ensure a successful recovery and reduce the risk of any potential complications.

# Post-Extraction Care Instructions & Long-Term Healing

## Immediate Aftercare (First 48 Hours)

Proper care immediately after your extraction is crucial to protect the blood clot and promote healing:

- 1 Bleeding Management:** Bite on the gauze given for at least 20 minutes to apply pressure to the extraction wound and stop the bleeding. Replace the gauze with a new one once it is soaked with saliva or blood. Applying constant gentle pressure for 30–60 minutes without taking a break will normally stop all bleeding.
- 2 Rest:** Rest for the remainder of the day and avoid strenuous activities for at least 24–48 hours to prevent dislodging the blood clot.
- 3 Avoid Disturbing the Site:** Do not rinse your mouth, spit, or use a straw on the day of treatment, as these actions can dislodge the clot and lead to a painful condition called dry socket.

## Managing Swelling and Discomfort

Swelling and discomfort are common after an extraction:

- 1 Cold Compress:** To prevent swelling, apply an ice pack or a cold towel to the outside of your

face in the area of the extraction during the first 12 hours. Apply alternately, 20 minutes on then 20 minutes off, for an hour or longer.

- 2 Elevate Your Head:** Sleep with your head elevated on pillows for the first night to minimise swelling.

## Pain Management

Discomfort may be felt at the extraction area after the local anaesthetic has subsided:

- 1 Pain Relief:** Prescribed painkillers, such as Ibuprofen (Neurofen) or Ponstan, should be taken according to your dentist's instructions. For best results, take a painkiller before your anaesthetic wears off to ensure comfort as it subsides.
- 2 Over-the-Counter Options:** If you don't have a prescription, over-the-counter pain relief like ibuprofen or paracetamol can also help manage discomfort.

## Oral Hygiene

Keeping your mouth clean is essential to prevent infection:

- 1 Gentle Rinsing:** Avoid rinsing on the day of treatment as it may cause bleeding to resume. After 24 hours, rinse regularly with Corsodyl mouthwash to reduce the risk of infection, continuing until the socket is fully healed.
- 2 Avoid the Extraction Site:** Do not brush or floss directly on the extraction site for the first 3–4

days, but gentle brushing of the surrounding area is essential to keep bacteria away.

- 2 Be Gentle:** When you resume brushing near the site, use a soft-bristled toothbrush and be very gentle to avoid irritation.

## Dietary Recommendations

Your diet plays a key role in healing:

- 1 Soft Foods:** Stick to soft foods like soup, yoghurt, mashed potatoes, and smoothies for the first few days. Avoid hot food or drinks, as they can cause bleeding to recur.
- 2 Avoid Food Particles:** Prevent food particles from lodging in the wound, as this may delay healing or cause infection. If possible, avoid consuming hard foods, which may injure the gum surrounding the extraction wound, especially while still numb.
- 3 Stay Hydrated:** Drink plenty of water, but avoid using a straw for at least a week to prevent dry socket.

## Additional Precautions

To support healing and avoid potential complications:

- 1 No Smoking:** Avoid smoking as much as possible for 2 weeks after extraction. The more you smoke, the more likely you are to develop a painful post-operative infection called dry socket, which can last up to 2 weeks and cause significant discomfort. You can

access free support through the HSE to help you quit.

- 2 Avoid Alcohol:** Refrain from alcohol for at least 48 hours, as it can interfere with healing.
- 3 Limit Physical Activity:** Do not attempt vigorous exercise after extraction for 3–5 days to prevent increased bleeding or swelling.

## When to Seek Help

Contact us immediately if you experience:

- 1** Prolonged bleeding that doesn't stop after applying constant, sustained pressure for 30–60 minutes. Keep pressure on the area and inform your dentist, who may ask you to return to the clinic for further instructions.
- 2** Severe pain that worsens after 2–3 days or doesn't improve with medication.
- 3** Signs of infection, such as fever, swelling that worsens, or pus at the extraction site.
- 4** Symptoms of dry socket, such as intense pain and a foul taste or smell, typically starting 3–5 days after the extraction.

## Long-Term Healing and Follow-Up

The extraction site will continue to heal over the coming weeks:

- 1 Gum Healing:** The gum tissue typically closes within 1–2 weeks, but complete healing of the bone can take 3–6 months.
- 2 Follow-Up Appointment:** If stitches were used, they may need removal in 7–10 days, unless dissolvable stitches were used. We'll schedule a follow-up if necessary.
- 3 Replacement Options:** Once healed, discuss tooth replacement options, such as implants or bridges, to restore function and aesthetics.

## Supporting Your Healing Process

To optimise your recovery during the first week, consider these additional steps:

- 1 Sleep Positioning:** Continue sleeping with your head elevated on extra pillows for the first 3–5 nights to reduce swelling and promote blood flow to the healing site.
- 2 Hydration and Nutrition:** Stay well-hydrated and consume nutrient-rich soft foods, such as smoothies with protein or broths, to support tissue repair and strengthen your immune response.
- 3 Normal Healing Stages:** Expect mild soreness or a slight pulling sensation as the gum closes over the socket, which is a sign of healthy healing – however, any

sharp pain or sudden changes should prompt a call to us.

## Final Recovery Tips

As you progress through your recovery, rest assured that mild tenderness and slight swelling are normal for a few days.

Stick to gentle oral care and a soft diet to support healing, and soon you'll be back to enjoying your improved oral health.

We're confident that with these guidelines, your recovery will be smooth and successful.

## Contact Us

### Email:

[info@seapointclinic.ie](mailto:info@seapointclinic.ie)

### Phone:

01 284 2570

### Opening Hours:

- Monday: 08:00 – 17:00
- Tuesday: 08:00 – 19:00
- Wednesday: 08:00 – 19:00
- Thursday: 8:00 – 19:00
- Friday: 08:00 – 17:00
- Saturday: 08:00 – 14:00
- Sunday: Closed