



truly

Tooth Extraction
Healing & Aftercare

You have successfully undergone a dental surgical procedure at Truly. Rest assured that every step possible has been taken during your procedure to ensure your smooth and comfortable recovery

We always place a special medicinal pack in the socket to accelerate healing and minimise any bleeding. Your body will dissolve this away over time so do not try to remove it. You may be able to feel it with your tongue. It will optimise your comfort and prevent food trapping in the area. If required, we may use some surgical sutures to close the wound and ensure primary intention healing. This is the best type of natural tissue healing, the fastest and most comfortable. We may require you to return for the removal of these sutures or they may dissolve naturally over 5–10 days. The area in which the tooth was removed will feel sore, much like if you had a cut in the area. Your mouth heals quickly and this will subside over a couple of days. We may prescribe or recommend pain relief to take to ease any discomfort during this period. Depending on the nature of the tooth removal, you may be required to take antibiotics to prevent any infection of the operative site. This will minimise any potential post-operative complications and optimise your recovery. You may experience some bleeding or wake up with blood and saliva on your pillow.

What to expect up to 48 hours after the procedure:

- 1 | Avoid physical exertion.
- 2 | Do not smoke or drink alcohol.
- 3 | Do not spit, rinse or drink through a straw.
- 4 | Do not touch the operative site with your fingers or tongue.

- 5 | Bite firmly on damp gauze for 1 hour if you experience any post-operative bleeding.
- 6 | Eat soft foods only on the opposite side of the mouth.
- 7 | Take pain relief or antibiotics as prescribed.

What to expect up from 48 hours to 1 week after the procedure:

Commence your usual oral hygiene routine, cleaning very gently around the site with a soft toothbrush only. Rinse after every meal with ½ teaspoon salt in warm water. Continue to eat on the opposite side of the mouth and take prescribed antibiotics.

I had a bone graft placed while having my tooth removed, is there specific aftercare for me?

It is always a great idea to have a bone graft placed when having your tooth removed. It gives you the best chance of successful tooth replacement with a dental implant in the future. It's important for you to protect this investment.

- 1 | Do not disturb or touch the wound with your fingers or tongue, or by pulling at your lip to see the sutures. You can dislodge the bone graft or open the wound.
- 2 | Do not apply pressure to the site with your tongue, fingers or hard or crunchy foods, as the material is movable during the initial healing period.
- 3 | When you start to rinse and recommence normal brushing after 48 hours, rinse very gently as your bone graft is made of lots of small particles.
- 4 | Under no circumstances can you smoke for at least 48 hours.

Join the club at trulydental.ie and book your mouth a wellness retreat.

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Opening Hours

Mon to Fri 08:00 – 20:00

Sat to Sun 11:00 – 18:00

Telephone (0)1 525 2670

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