

# After tooth extraction and surgery

After removing a tooth or performing any other oral surgery, there are a few things you should consider:

- Avoid rinsing your mouth, eating and smoking until the anaesthetic has worn off. Wait at least 2 hours.
- Do not brush directly on the wound or the area around to the wound for the first while. Otherwise, you can brush your teeth as usual.
- Do not suck on the wound or pick at it with your tongue!  
Do not poke the wound, even if it feels like something is stuck.

## Discomfort afterwards

### Bleeding

The wound almost always bleeds a little after the treatment. This is perfectly normal and absolutely nothing to worry about. If it takes a while for the bleeding to stop, you can use the gauze that we gave you. Soak it in a little lukewarm water and bite on the gauze for about 15-20 minutes.

### Swelling

Sometimes the body reacts by swelling the area around the wound. This can make it a little harder than usual to open your mouth. The swelling and problems with opening your mouth should gradually improve and disappear completely.

### Pain

You may feel sore and your mouth may hurt for a few days. The pain should ease gradually. If necessary, take painkillers with paracetamol, such as Alvedon or Panodil.

## Contact us

- If you cannot stop the bleeding or if it starts bleeding again after a while.
- If the swelling and problems with opening your mouth does not reduce.
- If you have problems with swallowing or drinking.
- If the pain does not subside.
- If you get a fever.