

When to seek dentists' help?

See your dentist if:

- There is worsening redness, pain or swelling around the extraction area.
- Excessive and persistent bleeding for more than 6 hours after extraction.
- If there is pain that is not relieved by pain killers.
- If there are signs of infection such as fever and feeling unwell.

Reference:

- Your guide to having teeth removed. NHS England. <https://www.england.nhs.uk/mids-east/pt-info-leaflet-extractions.pdf>
- Official portal MyHEALTH Kementerian Kesihatan Malaysia. <http://www.myhealth.gov.my>

For more information, contact our
Dental Services Receptionist during
our business hours:

Monday to Thursday
7:00 AM - 12:00 PM
1:00 PM - 4:00 PM

Friday
7:00 AM - 11:30 AM
2:00 PM - 3:30 PM



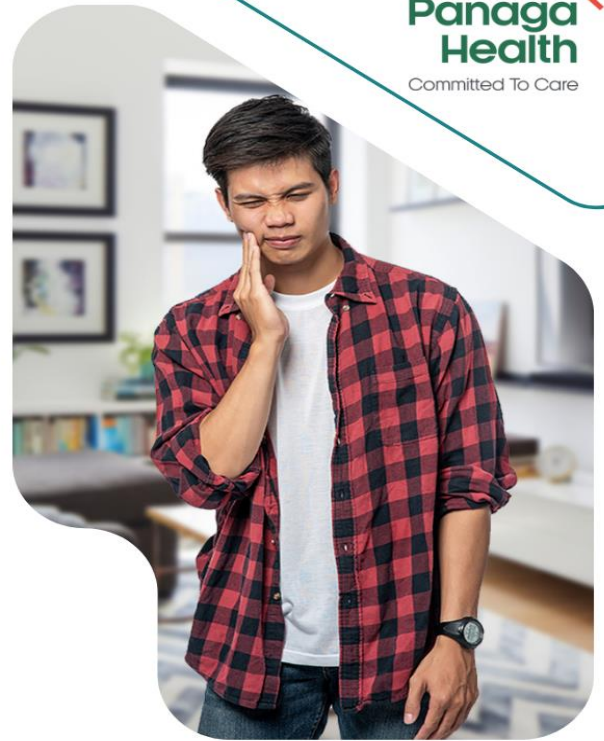
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Home Care After Tooth Removal




What happens after a tooth removal?

When the procedure is complete, your dentist will place a piece of gauze over the extraction site and ask you to close down with firm, steady pressure. This helps slow bleeding so a blood clot can form.

The next steps are as follow:

1. Keep biting the pressure pack (gauze) firmly for 30 minutes. Change the gauze if it is fully soiled.



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2. For the first 2 to 2.5 hours after the tooth is removed, keep changing the gauze until the bleeding has stopped.
 3. If bleeding occurs again, bite on to the pressure pack (gauze) firmly again for 30 minutes.
 4. Take care when biting on the pressure pack to avoid accidentally biting on your lip, cheeks, or tongue while the anesthetic still has its effect. The feeling of numbness will last for about 5 to 6 hours approximately.
 5. Do not rinse or brush for the first 24 hours.
 6. After 24 hours, rinse with warm salt water 2 to 3 times a day, especially after every meal.
 7. Do not exert physically e.g. sports, physical labor, etc.
 8. Do not smoke for the first 24 hours.
 9. Do not eat hot food for 24 hours. Soft and cold food is advisable.
 10. Do not irritate or poke the extraction socket with your tongue or fingers.
 11. Keep the extraction area clean to avoid infection.
 12. Take pain relievers as directed.
 13. If the bleeding does not stop after 6 hours, go to your nearest dental clinic during working hours or the emergency unit at your nearest hospital.