

Information after removing tooth or molar



A tooth or molar has just been removed by your dentist. The aftercare is very important for the healing process of the wound. We advise you to carefully read the instruction below and to keep this information sheet.

Directly after the therapy

Staunching the wound

Keep the gauze on the wound and bite down on it for 30 minutes. This stops the bleeding and facilitates a blood clot. When there is a new bleeding (more blood than saliva) use an extra doubled up gauze or a knotted cotton handkerchief to press on the wound.

Pain relief

It is normal to feel pain after the anaesthetic has worn off. Preferably start using pain relief before the anaesthetic has worn off completely. Most of the time paracetamol (Tylenol) is the first choice. You can get this at the drug store or pharmacy. Start with 2 pills of 500 mg, and continue every 4-6 hours with taking 2 pills during 4 days or until the pain subsides.

Pay attention! Use a maximum of 8 pills of paracetamol a day. If you are **not** allowed to use paracetamol because of an allergy or health issues, ask your dentist for advice.

Additional information

During the next 4 days you better

- Don't rinse your mouth. You can drink water.
- Spare the wound. Eating and brushing your teeth is allowed.
- Don't use tobacco or alcohol.
- Limit your efforts.

It's normal if

- You have a slight increase of temperature.
 - Your cheek swells up.
 - Your saliva has a red colour
- Usually this reduces after four days, just as the pain.

Pay attention! Call your dentist if

- You're getting a fever (higher than 39° C).
- You're having trouble with swallowing or are experiencing shortness of breath, for example because of a swelling.
- You're bleeding (from the wound) that cannot be staunched.
- The pain increases after 4 days.

You can contact us if you have any concerns. **Our telephone number is 0596-572818.** We wish you a quick recovery. Tandartsenpraktijk Loppersum.