

# MANAGING PAIN AFTER EXTRACTION



Continue to take regular painkillers for several days after extraction; it is normal for the pain to be at its worst at day 3-4. Some pink spit/oozing is normal after an extraction, but if the socket is bleeding freely, bite hard on gauze or a clean hankie for 20 minutes. If bleeding has not stopped, call your dentist.

If the site has become infected, we will arrange for a course of antibiotics to clear the infection.

If you smoke or rinse too soon after an extraction, you risk a dry socket. This can be very painful and regular painkillers or antibiotics are unlikely to be effective. You should call your dentist for an emergency appointment.

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Bleeding from gums is **NOT** a dental emergency. Bleeding gums are usually due to gum disease, and will not stop until brushing improves. Brush 2x a day with fluoride toothpaste for 2 minutes, concentrating especially on the areas that are bleeding. Use floss or te-pe brushes to clean between your teeth every day.