



Care instructions after tooth extraction or other oral surgery

- **Bite the gauze swab placed on the wound for about 30 minutes.** The gauze protects the wound from saliva and oral bacteria, as well as helps blood to clot on the wound.
- **Do not put anything in your mouth for three hours after the operation.** Do not eat, drink, rinse your mouth, smoke or touch the wound. You should also avoid spitting, as this can loosen the blood clot. However, you should take your medication as prescribed with a small amount of water.
- **If the wound starts to bleed,** put on a new tightly wrapped gauze swab and bite your teeth tightly together for 30 minutes. Repeat if necessary. Staying in a half-sitting position and pressing a cold compress on the cheek (ice pack or freezer bag) will also help you stop the bleeding.
- **Once the anaesthetic wears off** (after 2–3 hours), you may start experiencing the afterpain. Take the painkiller recommended or prescribed by your dentist as instructed.
- **On the day of the operation, you should only eat cool food.** Avoid hot foods and drinks. You should also avoid smoking and strenuous exercise for at least 1–2 days.
- **Oral surgery is almost always accompanied** by post-operative swelling, sometimes difficulty opening the mouth, and bruising. It is also common for your body temperature to rise after the procedure. The swelling/bruising is often at its peak 2–3 days after the procedure, and it may extend all the way to the eye after an extensive procedure in the upper jaw.
- **The extraction socket may also emanate bad smell in the mouth and ooze liquid that resembles pus. This does not require treatment.** The extraction socket is not inflamed. Do not touch the extraction socket with your tongue or try to flush it, as you should let it heal by itself.
- **Contact emergency oral health care** (tel. 09 4191 2010) if the pain is so severe that the prescribed painkillers do not work, if the bleeding in the operated area does not stop on its own, or if you develop a high fever.

Other instructions:



First aid for urgent oral healthcare

Mon–Fri 8:00–15:00. Appointments 7:00–14:00, tel. 09 4191 2010

Tikkurila Health Center's dental clinic, Kielotie 11, 01300 Vantaa

Please call before visiting the dental clinic.

Evenings, weekends and public holidays

Park Hospital, Stenbäckinkatu 11, Helsinki
Door C, (entrance from the Paciuksenkatu side), 1st floor

Please call before visiting the emergency department, tel. 09 471 71110.

Booking appointments is available 14:00–21:00 on weekdays,
8:00–21:00 on Sat–Sun and public holidays.

Emergency services at nights 21:00–8:00

Meilahti Emergency Department.

Visiting address Paciuksenkatu 3, Helsinki.

Please call before visiting the emergency department, tel. 116 117.