



## Patient information: Tooth extraction

### What should you keep in mind immediately after the procedure?

To stop the bleeding, the dentist puts a gauze on the wound, which you have to bite for about an hour. After that you should avoid spitting out or rinsing your mouth for a day, so that a blood clot could form and close the wound. Do not touch the wound with your fingers or tongue, and do not suck the wound to avoid after-bleeding.

### What is important in the first 24 hours after the procedure?

Avoid alcohol, coffee and tea, as well as nicotine. These stimulants constrict the vessels and the wound will be poorly supplied with blood. You should also avoid efforts and activities that increase blood pressure (lifting, bending, exercising, stress, etc.). Please be careful to spare the wound area during your daily oral hygiene. Until the wound is completely closed, you should avoid eating spicy food.

### What are the consequences of the anaesthesia?

As long as the anaesthesia lasts, you should not drive a vehicle because your ability to react can be reduced, even if you don't feel it subjectively. Wait with eating and drinking until the anaesthesia ceases to affect you, because the injection has made your mouth numb. Otherwise you could injure yourself by biting and chewing. Hot drinks can also result in burns, so you should avoid them during this time.

### What are the possible complications?

When the injection stops working, the wound area may hurt. This is a normal reaction of the body and will soon pass. If necessary you can take the painkillers that you have been given.

If the wound bleeds, if possible, you should avoid rinsing your mouth or spitting out violently. Instead, take a sterile gauze bandage as compress and press it on the wound. If the bleeding does not stop, please contact us. The same applies if severe pain persists for more than 24 hours or occurs for the first time after one to three days and in case if you experience numbness or notice taste disorders. It is important to come for a follow-up check-up and/or for suture removal.

After surgical interventions, for example after the removal of a wisdom tooth, further information should be taken into account:

It is best to cool the swelling of the wound area with a cold compress. After about a quarter of an hour, have a break for about ten minutes. Please do not use any heat under any circumstances. In the next few days you should also avoid visiting swimming pools and saunas. Also avoid direct sunlight. In addition, for a few days you should eat only soft and liquid food and forego milk and dairy products because the protein would complicate the healing process at the wound edges. Coffee and tea, too, prevent the wound healing. A possible haematoma usually disappears after about a week.