

After a tooth extraction

In the first **3 hours**:



- DO NOT bite or touch your lips, cheeks or tongue until the mouth feels normal again
- DO NOT eat while the mouth is numb and sleepy – drink cold drinks only

For **24 hours** after surgery:



- DO NOT swish or spit
- DO NOT exercise, run or play sport
- Avoid hot fluids
- Drink lots of fluids (water) – do not use a straw
- Eat soft and cool foods only for next 24 hours (scrambled eggs, pasta, smoothies, cooled soup)
- For pain relief, take paracetamol or ibuprofen according to the directions

If the tooth socket starts to bleed, bite on gauze provided for 30 minutes and repeat as needed.

For uncontrolled bleeding (more than an ooze) seek medical attention immediately.

After 24 hours:



- Gently brush your teeth – **clean teeth are important for healing**

If you are concerned, please contact your local hospital:

Balmain Hospital

29 Booth Street
Balmain NSW 2041
Ph: 9395 2111

Bankstown - Lidcombe Hospital

68 Eldridge Road
Bankstown NSW 2200
Ph: 9722 8000

Bowral Hospital

97-103 Bowral Street
Bowral NSW 2576
Ph: 4861 0200

Campbelltown Hospital

Therry Road
Campbelltown NSW 2560
Ph: 4634 3000

Canterbury Hospital

575 Canterbury Road
Campsie NSW 2194
Ph: 9787 0000

Concord Hospital

Hospital Road
Concord NSW 2139
Ph: 9767 5000

Fairfield Hospital

Cnr Prairievile Rd and Polding St
Prairiewood NSW 2176
Ph: 9616 8111

Liverpool Hospital

Elizabeth Street
Liverpool NSW 2170
Ph: 8738 3000

Prince of Wales Hospital

Barker Street
Randwick NSW 2031
Ph: 9382 2222

Royal Prince Alfred Hospital

50 Missenden Road
Camperdown NSW 2050
Ph: 9515 6111

St George Hospital

Gray Street
Kogarah NSW 2217
Ph: 9113 1111

St Vincent's Hospital

Victoria Street
Darlinghurst NSW 2010
Ph: 8382 1111

Sydney Children's Hospital

High St
Randwick NSW 2031
Ph: 9382 1111

Westmead Hospital

Cnr Hawkesbury and Darcy Roads
Westmead NSW 2145
Ph: 9845 5555

In an emergency, please call Triple Zero "000"

Sydney Dental Hospital Paediatric Dentistry

Level 2, 2 Chalmers Street, Surry Hills
Phone: (02) 9293 3230 or (02) 9293 3255
sydneydentalhospital@sswahs.nsw.gov.au



Health
Sydney
Local Health District