



**Dental Clinic**  
*Harrow* LONDON

### Frequently Asked Questions

- **Is it normal to have a bad taste in my mouth?** Yes, this is normal following an extraction. After 24 hours you will need to rinse with warm saltwater mouth rinses or Colgate peroxy and keep the extraction site clean with a soft brush.
- **Will there be any bleeding?** Some oozing of blood may occur the first day after wisdom tooth removal. Try to avoid excessive spitting and very hot drinks/foods which can cause bleeding. Replace gauze over the extraction site and bite down for 10 minutes.
- **The outside of my jaw/face is bruised. Is this normal?** Yes, this is normal and can be expected for up to two weeks following extraction.
- **I have some swelling. Is this normal?** Swelling both inside and outside the mouth, is common. Use ice packs wrapped in cloth to relieve the symptoms.
- **I can see bone, is this normal?** Yes, this is normal after an extraction. The bone may be tender and take several weeks for the gum to fully heal over.
- **Can I brush the rest of my teeth?** Yes, brush your teeth as normal. For the first 24 hours avoid the extraction site.
- **Can I eat?** Wait until after the anaesthetic has worn off, as you could accidentally bite your lip, tongue or cheek or burn yourself when you are numb. If essential, soft cold foods, like yoghurt or ice-cream can be eaten. You may need to eat soft foods for a day or two depending on the tenderness following the extraction.
- **Can I go to work tomorrow?** Yes, you should be able to attend work tomorrow. It is not required that patients take the day off after an extraction.
- **Why are the teeth next to the extraction area very sensitive?** Sensitivity of the teeth next to the socket is common and may last for several weeks. Good oral hygiene together with using desensitising toothpastes will help to relieve the symptoms.
- **Do I have to come back to remove my stitches?** No, these stitches will dissolve in the next 7 to 10 days, so they do not need to be removed.



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