

Department of  
**Dental Services**

# Post Extraction Education

## After your tooth extraction, please...

- **DO NOT disturb the wound** as this may cause irritation, infection and/or bleeding. Be sure to chew food using the unaffected side for 24 hours and avoid sharp objects from going near the wound (i.e. eating utensils etc.).
- **DO NOT eat, drink or sleep with gauze in the mouth.** Remove the gauze in your mouth after 10 to 15 minutes. If bleeding continues, replace gauze and bite firmly on it for 30 minutes. Repeat if necessary.
- **DO NOT suck or chew** on your numbed lip/cheek as this will cause bruising. The numbing sensation will go away once the anaesthetic wears off.
- **DO NOT spit or suck through a straw** as this will encourage further bleeding and may dislodge the blood clot.
- **DO NOT exercise, do heavy work, smoke or drink alcohol within the next 24 hours.**

## You SHOULD...

- Go on a soft diet initially and keep your mouth clean by brushing and rinsing gently after meals.
- If you were prescribed medications, please use them as directed by your dentist or pharmacist. This will often relieve or prevent any discomfort associated with your condition and/or the dental procedure.
- Complete your course of antibiotics if they have been prescribed.

For your information...

If you experience severe pain or excessive bleeding, please return during our opening hours or please call NHG Polyclinics Contact Centre at 6355 3000 to consult with the clinic.

Our clinic operates from 8:00am – 1:00pm & 2:00pm – 4:30pm from Mondays to Fridays, 8:00am – 12:30pm on Saturdays.

We are closed on Sunday and Public Holiday.

### Last Registration

Mon to Fri : 12:00pm (morning session)

: 4:00pm (afternoon session)

Sat : 12:00pm

After our clinic operation hours, please kindly approach the Accident and Emergency (A&E) Department of the following institutions:

- Khoo Teck Puat Hospital : 6555 8000
- Singapore General Hospital : 6222 3322
- National University Hospital : 6779 5555

NHG Polyclinics  
1 Mandalay Road Singapore 308205  
Contact:  
6355 3000 (General Enquiries)



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