



Dear Patient,

RE: Dr. Scott Waghorn Post-Extraction Advice For Mild Infection or Delayed Healing After Tooth Extraction

If you are experiencing mild discomfort, an unusual taste, or signs of delayed healing at the extraction site (typically 5–10 days post-op), this may indicate a mild post-operative infection. This is not uncommon, and the following supportive measures can assist healing and reduce the risk of complications.

Warm Salt Water Rinses (3–4x Daily)

Prepare a rinse using ½ teaspoon of salt dissolved in one cup of warm water (approx. 240 mL).

Gently swish the solution around your mouth for 30 seconds, especially after meals and before bed.

Salt water helps cleanse the socket, reduce surface bacteria, and soothe healing tissues without interfering with the blood clot.

Keep the Area Clean – Gently

- Do not brush directly into the socket.
 - Gently clean the surrounding teeth using a soft-bristled toothbrush.
 - If provided with a Monoject syringe, you may begin gentle irrigation with warm salt water only, starting after Day 7.
 - Do not use Savacol or other antiseptics in the syringe, as they may interfere with tissue healing.
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Savacol (Chlorhexidine Mouthwash)

If recommended by your dentist, you may use Savacol 0.2% (chlorhexidine gluconate) to reduce bacterial load:

- Use 10 mL, swish gently for 30 seconds, then spit.
- Rinse twice daily (morning and night).
- Avoid use within 30 minutes of brushing, as toothpaste can inactivate the rinse.
- Use for no more than 7 consecutive days unless instructed otherwise.

Savacol is a strong antiseptic that supports healing in cases of localised infection. It should not be applied directly into the socket.

Pain Relief

You may use Paracetamol or Ibuprofen (or both, if appropriate) to manage discomfort and inflammation.

Always follow packaging instructions or your dentist's advice.

Monitor for Signs of Worsening Infection

Contact the clinic immediately if you notice:

- Increasing or persistent pain
 - Swelling of the face or jaw
 - Fever or chills
 - Bad breath or worsening taste
 - Pus or discharge from the socket
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Antibiotics

- If you were prescribed antibiotics (e.g. amoxicillin), please ensure you complete the full course.
 - If symptoms continue beyond 48 hours after finishing antibiotics or worsen, contact us for a review. Your dentist may:
 - Prescribe a stronger antibiotic (e.g. Augmentin),
 - Add a second antibiotic such as metronidazole, or
 - Use an alternative such as clindamycin if you are allergic to penicillin.
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Follow-Up

If you remain concerned or your symptoms don't improve, we recommend initially to email **scott@northshoredental.co.nz**.

Best regards,

A handwritten signature in black ink, appearing to read 'Scott Waghorn', with a stylized flourish extending to the right.

Dr. Scott Waghorn BDS (Otago)