

Post-Operative Instructions: Tooth Extraction

FOR THE REMAINDER OF THE DAY:

- *Do not spit or Rinse! Use a tissue to wipe your mouth as needed or swallow your saliva.
- *Keep fingers and tongue away from the surgical area.
- *Spitting, the use of a straw, smoking, and poking the surgical area can dislodge the blood clot that is forming and will cause bleeding from the area. Also, smoking can increase the chances of an infection or a dry socket.

BLEEDING:

Some minor bleeding is expected after surgical tooth removal. It will usually subside quickly and stop within an hour or two after surgery. A little oozing is normal and may persist for several hours.

Keep gauze on the surgical area with some pressure (biting) for 30–45 minutes.

- *Remove the gauze after 30–45 minutes and replace it with a moistened tea bag instead of the gauze. The tannic acid in tea will help form a clot and stop the bleeding.

If all else fails, please call the office. After hours if you are experiencing significant bleeding please attend at a 24 hr medical centre for assistance, a vitamin K injection may be necessary.

SWELLING:

Most patients will experience some swelling after surgery in the mouth. It may be mild or severe and is different for every patient. The swelling may increase for the first 24–48 hours before it starts to go away. It may last for several days. Some bruising may also develop on the face.

- *Use an ice pack on the cheek or face next to the surgical site. Keep it on for 15–20 minutes, then off for 10 minutes, and repeat until you go to sleep. Start again the next day.
- *Sleep with your head elevated slightly (above the heart). This will keep swelling down.
- *On the third day, change to moist heat instead of ice packs. This will bring the swelling down quicker.

DIET:

*You may eat soft foods such as mashed potatoes, pasta, cottage cheese, soup, or scrambled eggs as soon as the local anaesthetic wears off.

*You may resume a regular diet as soon as you feel up to it, although it is recommended that you avoid carbonated beverages for 2–3 days, and avoid crunchy foods like popcorn, chips, peanuts, etc., for 2 weeks after surgery.

ORAL HYGIENE:

You may start rinsing tomorrow, very gently, with some warm salt water. Do this after meals and before bed for one week. Do not use alcohol-containing mouth rinses for the first week or so as it will burn. If you get food in a tooth socket, do not use a Waterpik® or toothbrush. You may brush your teeth, avoiding the surgical area, either tonight or tomorrow morning. Be gentle! Do not spit or rinse forcefully.

PAIN MANAGEMENT:

Take prescription medication as advised by the Doctor. If no prescription was recommended then take Paracetamol, Ibuprofen or any anti-inflammatory that does not contain Aspirin as per your preference and direction from the pharmacist. If pain persists or increases please contact us for further management. You may be experiencing a “dry socket”.

WE WISH YOU A SPEEDY AND PAINLESS RECOVERY FROM YOUR SURGERY!

