

Post-Op Surgical Instructions For Extractions & Removal of Impacted Teeth

Bleeding

A certain amount of bleeding is expected and the saliva may be blood tinged for 24-48 hours. If bleeding is persistent, placing a piece of sterile gauze over the wound and biting on it for 20 minutes can control it. Repeat, if necessary. Do not rinse your mouth. It is important that the gauze be placed directly over the site where the tooth was removed and not over adjacent teeth. The gauze must be bulky enough to prevent the upper and lower teeth from meeting when biting firmly.

Pain

Taking non-prescription pain relievers as directed could control pain. If you have been given a prescription for relief of pain, use it as directed. These medications should be taken with some food. Avoid alcoholic beverages.

Swelling

Apply an ice bag to the face in the area of the surgery for a period of 20 minutes per hour for the first 24 post-surgical hours only. After 24 hours, a warm towel can be used at the same intervals. Swelling is not uncommon after surgery. It is usually greatest in about 24-48 hours, and may last several hours thereafter. Discoloration of the skin of the face and neck may follow surgery and should not be cause for alarm.

Mouth Rinse

Do not rinse the mouth for the first 24 hours after surgery. After this time, use ½ teaspoon of table salt in a glass of warm water and rinse gently after meals.

Diet

Soft and bland foods are advisable for the first 24 hours. Good nutrition is essential. Do not use a straw for drinking. No smoking, as it will retard healing.

Hygiene

Continued proper oral hygiene is imperative. Normal care should be maintained, but the surgical area should be excluded from care involving brushing, flossing, dental irrigation appliances, etc.

Fever

A low-grade fever may occur following surgery and should be no cause for alarm.

Note: If sutures have been placed, you must return within a week, unless directed otherwise.

In case of emergency please contact our office at:

#410-825-7500

