

Cosmetic & Family Dentistry

Post-Operative Instructions For Tooth Removal

PAIN

Some degree of discomfort and pain arises as the numbness subsides. We recommend that you start taking a non-steroidal anti-inflammatory (Advil/Ibuprofen/Motrin/Aleve) as directed once you arrive home. If you are unable to take anti-inflammatory medications, take Tylenol or acetaminophen as directed. If the pain is not relieved, then you may take the prescribed pain medication as directed. All pain medications have the ability to cause severe nausea and vomiting, so try to have some food in your stomach before you take them.

BLEEDING

Expect minor bleeding or oozing from the operative site. This bleeding may continue throughout the first day. Keep firm pressure on the surgical site by biting on a gauze sponge for 30 minutes at a time. Biting on a moist tea bag may help control persistent oozing.

SWELLING

Swelling usually develops the first 12-24 hours following surgery, often peaking on the third day. It should subside by the fourth day after surgery. Swelling can be minimized by placing an ice pack on the affected side at 30 minute intervals during the first 48 hours. Any swelling, soreness or stiffness in the jaw muscles can be relieved by applying a warm moist towel to the affected side of the face several times a day after the first 48 hours.

AVOID

Avoid using a straw and spitting forcefully as these may cause the blood clot to dislodge and delay healing. Avoid smoking completely, as it tends to slow the healing process and may also contribute to infection and prolonged discomfort.

ACTIVITY

Limit activity during the first 24-48 hours after surgery. Excessive exertion may lead to postoperative bleeding and discomfort. When you lie down, keep your head elevated at least 45 degrees.

DIET

Soft, cool foods that require no chewing are most easily tolerated. Avoid hot liquids until the numbness has worn off and the bleeding has stopped.

ORAL HYGIENE

Start cleaning your mouth 24 hours after surgery by using warm salt water rinses (1/4 teaspoon table salt with a small cup of water). Repeat three times daily for one week. Brush your teeth starting on the first postoperative day being careful not to irritate the surgical site.

IF YOU FEEL THAT HEALING IS NOT PROGRESSING IN A NORMAL FASHION OR YOU ARE EXPERIENCING A TRUE MEDICAL EMERGENCY, CONTACT OUR OFFICE IMMEDIATELY (723-847-1955).