

MILLWOODS CEDARS FAMILY DENTAL CLINIC

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Post-Operative Instructions for Extractions and Oral Surgery

DO NOT DISTURB THE WOUND

Continue biting on the gauze for 30-60 minutes following your procedure. Change gauze if still bleeding. Moist the gauze then bite on the extracted area. DO NOT spit, rinse, and suck. This will promote bleeding and may dislodge the blood clot. Passively empty your mouth when needed. The goal is to keep blood clot in the socket to prevent bleeding and a painful complication known as DRY SOCKET.

DO NOT SMOKE OR USE ANY TOBACCO PRODUCTS OR CONSUME CARBONATED AND ALCOHOLIC BEVERAGES FOR AT LEAST 72 HOURS AFTER THE EXTRACTION

Smoking can interfere with the healing process, promote bleeding and can cause a very painful situation known as DRY SOCKET. Continuing to smoke during first few days will slow healing and soft tissue will not be able to begin to fill in the socket to form the blood clot needed for the healthy healing. Smoking can also interfere with bone growth that surrounds the socket resulting in slowing its healing process.

BLEEDING, SWELLING AND DISCOMFORT

You will most likely experience one or more of the following symptoms: Discomfort, Minor pain, swelling, bruising, and limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your body and take it easy. No heavy lifting, spitting, sucking, alcohol or smoking. Over-the-counter- pain medication (Tylenol) may be taken as directed on the bottle to relieve discomfort.

Swelling: Apply cold compresses to affected area at 10 minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours; call the office if there is no change.

Bleeding: Some oozing of blood is normal for the first 12-24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or damp tea bag on the affected area for 30-60 minutes and keep your head elevated. Call the office if the bleeding does not subside.

ORAL HYGIENE

For several days after the extraction, it is important to keep the area as clean as possible to prevent infection and promote healing. Brush gently. Do not directly brush the extraction site for the first 3-4 days after the extraction. Do not use toothpaste for 24 hours. Rinsing toothpaste from your mouth could remove the blood clot. Gently and carefully wiped with a clean, wet gauze pad or cloth. A gentle lukewarm salt water rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty. The corners of your mouth may become cracked and dry – moisturize frequently.

DIET

Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: plain ice cream, yogurt, milkshakes (no straw), soups, cold milk, fish, and food that doesn't require chewing and biting. Nothing too spicy and not too hot is recommended. It is normal to have a little tenderness while chewing and difficulty opening wide.

PRESCRIPTIONS

If you have been prescribed antibiotics, take them as directed until finished, even if symptoms dissipate. If pain medication or a mouth rinse is prescribed take as directed. In case of any unusual disturbances, questions or any post-surgical problems, please call the office.