



Quadra Dental Centre

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Care Following Dental Surgery or Extraction.

It is normal to have minor bleeding, swelling, discomfort and restriction of jaw function following the procedure.

Anaesthesia: you can expect the freezing to last from 3-5 hours. Until the freezing wears off take care not to chew on or bite your lip or tongue.

Bleeding, Swelling and Pain : A gauze pack has been placed over the extraction site. The gauze should be left in place for at least 30 minutes after you leave the office. Do not chew on the gauze. There may be some oozing (orange-red saliva) . If the site is still bleeding once the pack is removed, place an additional gauze over the site. Apply moderate pressure by biting on the gauze, for an additional 30 minutes. If the pad becomes soaked with blood, replace with a clean one as necessary. If you run out of gauze, a wet tea bag may be used. Consider placing a towel over your pillow for the first night. If heavy bleeding continues beyond one hour contact your dentist. There will be some discomfort after a tooth is removed. Swelling commonly occurs after surgery and tends to increase for the first 2 days and then *resolves over 3-5 days*. *You can reduce swelling and pain by applying a cold compress to the face (10 minutes on and ten minutes off)* Avoid hot packs and liquids for the first days following surgery as it will increase blood flow.

The blood clot: After an extraction a blood clot forms in the socket, sucking on straws or vigorous rinsing should be avoided. Mouth washes and alcohol can affect the clot. A loss of the blood clot can lead to pain and a delay in healing “dry socket”. Brushing and cleaning of the area as well as strenuous activity should be avoided for 24-48 hours.

Smoking: Smoking increases all types of post-operative complication including discomfort and infection. Do not smoke for the first two day following surgery.

Sutures: Sutures are placed to hold loose tissue when healing. Sutures can be dissolvable or may need to be removed in 5 to 7days. Your dentist will inform you of what was placed.

Medications: Any medication prescribed to you should be taken as directed. Do not increase dosages or discontinue unless directed by a Doctor. If you have prolonged pain, swelling, bleeding, fever or rash, call the Doctor, or go to an emergency room.

Diet and Oral care: Drink lots of liquids (no straws) and eat soft nutrition foods (protein shakes, meal replacement, yogurt, scrambled eggs ,creamed soups or mashed potatoes). You may begin eating solid foods the next day, do not chew on the side of the extraction for 48 hours. Avoid foods with small pieces that can get stuck in the extraction site, such as seeds, nuts or grains. The next day you may begin gently rinsing with warm salt water (1 tsp. salt in 8oz of warm water). It is important to brush the rest of your teeth and tongue but avoid the extraction site for 24-48 hours. Brushing will decrease the bad breath and taste common after surgery.