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# PATIENT CARE FOLLOWING DENTAL EXTRACTION

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To ensure rapid healing and to avoid complications that could be both harmful and painful to you, please follow these instructions carefully

## **A. Bleeding**

- Bite firmly on gauze pack that has been placed until you arrive home, or for at least one hour, then remove it gently. If after removal, bleeding begins again, place another damp gauze pack directly over the tooth socket and bite firmly for 30 minutes.
- Biting on a tea bag that has been moistened and wrapped in a piece of gauze also helps stop bleeding
- It is not unusual to have a slight oozing for up to 24 hours. You may find a blood stain on your pillow in the morning.
- Keep your head elevated with several pillows or sit in a lounge chair.
- Do not spit or suck through a straw, since this promotes bleeding.
- Do not smoke for 12 hours because this will promote bleeding and interfere with healing.

## **B. Medication**

Some discomfort is normal after surgery. It can be controlled but not eliminated by taking the pain pills Dr Guy has prescribed. Fill the prescription very soon and start taking as directed. Take your pain pills with a whole glass of water and with a small amount of food if the pills cause nausea.

Note: Do not drive or drink alcohol if you take prescription pain pills and that some antibiotics can temporarily nullify the effects of oral contraceptives

## **C. Diet**

It is important to get adequate nutrition to help the healing process. Eat normal regular meals as soon as possible after surgery. Cold, soft food such as ice cream or yoghurt may be the most comfortable for the first day.

## **D. Oral hygiene**

Do not rinse your mouth or brush your teeth for the first 24 hours after surgery. After that, rinse your mouth with warm salt water (1/2 teaspoon salt in 8 oz warm water) every 4 hours. Brush your teeth, but avoid the area of surgery.

## **F. Swelling**

To help prevent swelling ice packs should be applied to the face adjacent to the surgery site. Apply the ice packs for 20 minutes on and 5 minutes off until bed time on the day of the surgery. Ice is not particularly beneficial after the first day. Swelling peaks at about 48 hours after surgery and then starts to go. Significant swelling beyond this period could mean infection

## **Postoperative Check-up**

The surgery site may need to be examined to make certain that healing is progressing normal. If stitches have been placed in the area of your surgery, you will need to have them removed in about 1 week. An appointment will be made for you.

**If you suspect any problems with healing, do not hesitate to call the office or Dr. Guy at home.**