

Dental Extractions

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Return to normal activity gradually.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. **Pain:** following the removal of an impacted tooth the pain will be most severe within the first 24-48 hours after surgery. There should be only slight pain after five days. If the pain should persist or increase, notify your Dentist's office. Take medications as prescribed; do not wait for the pain to become too severe. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
6. **Diet:** should consist of clear fluids (water, Jello, Gatorade), followed by full fluids (pudding, yogurt, milk), approximately 4 hours later. If fluids have been tolerated, then you may try soft solids for the next five days. Do not drink any alcoholic beverages including beer and wine or use any recreational drugs for 24 hours after your surgery.
7. **Bleeding:** Although it is permissible to drink lukewarm or cool liquids immediately after surgery. **Do Not** rinse spit or gargle any fluid for 24 hours, as this will cause bleeding. It is normal for the saliva to be lightly streaked with blood for a day. If bleeding is persistent, fold a piece of gauze into a firm wad, moisten and place directly over the operative site; maintain steady pressure for 30 minutes. **Do not chew the gauze.** A wet tea bag may be substituted for the gauze pads, as the tannic acid in tea helps stop bleeding. Avoid using a straw and smoking for 12 hours as they may promote bleeding. You may have stitches in your mouth, they are dissolvable and will fallout on their own after a couple days.

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8. **Swelling/Bruising:** May develop soon after surgery and will reach its maximum in and about 48 hours. Normally, this swelling will begin to decrease on about the fourth day, but may take as long as a week to disappear completely. To minimize the swelling, the intermittent application of ice packs, on for 20-30 minutes, off for 20-30 minutes is advised for the first 48 hours after surgery. You may experience jaw muscle stiffness and limited opening of your mouth. This is normal and will improve in 5 to 10 days. The lips may be lubricated minimize cracking due to swelling.
9. **Oral Hygiene:** You may brush gently 8 hours after surgery. Warm salt water gargle (1 tsp salt to 1 cup water) is advised starting 24-48 hours after surgery, providing no bleeding is evident. (Rinse 4 times per day, especially after meals). You will have been given a plastic syringe, which you should start using about 5 days after surgery, for the lower areas only. This is to flush out any food that might be caught in the socket. Flush the areas 2-3 times, on each side, after every meal, for about 3-4 weeks. This will help prevent infection.
10. Numbness of lower lip, chin, or rarely the tongue occasionally occurs following the removal of impacted teeth. The numb feeling is usually temporary with the return of sensation in weeks to months, but in some rare instances, it may be permanent.
11. **Dentures:** If dentures have been inserted, leave in for 24 hours. Bite on gauze with dentures to help control bleeding.
12. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
13. Contact your Doctor or seek medical attention if any of the following occurs:
 - Signs of infection, including fever and chills
 - Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
 - Cough, shortness of breath, chest pain
 - Pain that you cannot control with the medication that you have been given.
 - Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
 - Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

... Call your surgeon/doctor,

... or call Telehealth 1-866-797-0000

... or come to the Emergency Department at Georgian Bay General Hospital

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Specific Instructions:
