

Home Care Instructions: Tooth Removal

Some discomfort, bleeding and/or swelling are expected sequels after having a tooth (or teeth) removed.

Discomfort

You should take the medication given to you for pain or infection, as prescribed. If you experience stomach upset or diarrhea, please call the office to obtain advice. If the medications make you sleepy, you should not attempt to drive. After a sedation or general anaesthetic, you must not drive or operate heavy machinery for 48 hours after the appointment.

Bleeding

A small amount of blood mixed with saliva is normal for the first day. If your mouth continues to bleed, you should:

Bite on a piece of folded gauze or a roll of handkerchief soaked in warm water. Place the gauze or handkerchief over the wound and keep the jaws firmly closed for 20 minutes. If the bleeding continues, then you should call the office.

This kind of bleeding can be avoided by not rinsing for 24 hours after the extraction, not spitting at all for this same 24 hour period, and not drinking fluids through a straw. It is also important to avoiding smoking and drinking alcohol.

Swelling

This may occur after the removal of a tooth and is quite common if the operation has been difficult or longer in duration. The swelling is often accompanied by stiffness of the jaws and you may be unable to open normally for a few days. The swelling is at its maximum at about two to three days after the tooth removal and then this swelling slowly goes down. If you have access to ice, then the swelling may be made less by placing ice in a plastic bag on the face and applying it for 20 minutes. The ice is then removed for 20 minutes and then may be replaced. This "ice on-and-off" cycle is done for the 6 hours immediately following the tooth removal, after which further icing has no more beneficial effects. If ice is not available, a bag of frozen peas or vegetables is equally effective as an ice pack.

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Diet

Because your mouth will be sore after the surgery, eating may be difficult and the eating of hard food impossible. Generally, you may eat whatever you can tolerate comfortably. It is important that you drink at least 8 cups or glasses of fluid daily.

Activity

Too much physical activity may cause you pain and also may cause the extraction socket to bleed. Normal activity can usually be resumed the following day. If you intend to play sports, you should consult with us. On the day of operation, when you return home, we would advise that you relax quietly in a chair, sofa or bed and keep all routines to a calm and non-active level.

Oral Hygiene

After surgery, it is important to keep your teeth as clean as possible. Initially, this may be more difficult as you may not be able to use your toothbrush in the area where your tooth was removed. You should avoid rinsing your mouth until the following day. Then you may rinse only gently with a glass of warm water with salt (1/2 teaspoon salt in a glass of warm water), or 1 teaspoon of baking soda in warm water. You should, however, use a toothbrush and toothpaste to clean the teeth which are not near the operation site.

IF YOU ARE HAVING PROBLEMS OR ARE SIMPLY CONCERNED ABOUT ANY MATTERS TO DO WITH HEALING AFTER THE EXTRACTION(S), DURING BUSINESS HOURS PLEASE CALL TELEPHONE OUR OFFICE AT (416) 485-4855.

Dr. Ran Midroni

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