

# **PURDY'S WHARF DENTAL GROUP**

## **Instructions After A Tooth Extraction**

1. DO NOT SMOKE – AVOID ALL TOBACCO PRODUCTS FOR AT LEAST 24 HOURS.
2. AVOID ALCOHOL AND CAFFEINE FOR THE NEXT 12 HOURS. OTHER COOL OR LUKEWARM LIQUIDS ARE PERMISSIBLE.
3. AVOID ANY ACTIVITY THAT MAY DISLODGE THE BLOOD CLOT IN THE TOOTH SOCKET FOR THE NEXT 24 HOURS, INCLUDING SPITTING, SUCKING, AND RINSING.
4. EXPECT TO FAVOUR A SOFT FOOD DIET FOR THE NEXT FEW DAYS DUE TO TENDER GUMS AND SORE JAW MUSCLES FROM THE EXTRACTION PROCEDURE.
5. USE COLD (E.G. FROZEN VEGGIES) TODAY AND TONIGHT ON THE EXTRACTION SIDE OF YOUR FACE TO MINIMIZE SWELLING. USE IT 20 MINUTES ON / 20 MINUTES OFF. ALTERNATE LEFT AND RIGHT IF BOTH SIDES WERE OPERATED ON.
6. USE HEAT (E.G. HOT WATER BOTTLE) TOMORROW AND THEREAFTER TO HELP SOOTH ANY EXISTING SWELLING. USE IT 20 MINUTES ON / 20 MINUTES OFF. ALTERNATE LEFT AND RIGHT IF BOTH SIDES WERE OPERATED ON.
7. THE GAUZE IN YOUR MOUTH SHOULD BE REMOVED IN ½ HOUR. IF BLEEDING CONTINUES BITE ON A NEW GAUZE FOR AN HOUR. IF BLEEDING STILL CONTINUES, REPEAT USING A DAMP TEA BAG. IF BLEEDING STILL CONTINUES CALL THE DENTIST.
8. CONSIDER USING AN OLD PILLOW TO SLEEP ON TONIGHT BECAUSE OF POTENTIAL “SEEPAGE” OF BLOOD COLOURED SALIVA THE FIRST NIGHT AFTER THE EXTRACTION.
9. SWELLING AND DISCOLOURATION (BRUISING) IS EXPECTED, REACHING ITS MAXIMUM IN 1 TO 2 DAYS, AND SHOULD START TO GRADUALLY SUBSIDE AFTER DAY 3 OR 4. IF THE SWELLING DOES NOT IMPROVE OR GETS WORSE AFTER DAY 3 OR 4, CALL THE DENTAL OFFICE BECAUSE THERE IS A RISK OF INFECTION.
10. START RINSING WITH SALT WATER (1/2 TEASPOON IN A GLASS OF WARM WATER) TOMORROW AFTERNOON AFTER MEALS / BEFORE BEDTIME. DO THIS FOR TEN DAYS.
11. KEEP FINGERS AND TONGUE AWAY FROM THE OPERATED AREA. DO NOT ATTEMPT TO “PICK-OUT” FOOD DEBRIS FROM THE EXTRACTION SITES WITH AN OBJECT (TOOTHPICK). IF RINSING DOES NOT DISLODGE THE ITEM CALL THE DENTAL OFFICE.
12. FOR THE MAJORITY OF TOOTH EXTRACTIONS, NSAIDS (IBUPROFEN/KETOROLAC) WILL BE THE EFFECTIVE PAIN MEDICATIONS OF CHOICE. FOR SURGICAL OR WISDOM TOOTH EXTRACTIONS TYLENOL No. 3 IS USUALLY PRESCRIBED FOR THE FIRST TWO OR THREE DAYS. PLEASE SEE REVERSE FOR PAIN MEDICATION DIRECTIONS.
13. DRY SOCKET – A POTENTIAL DISTURBANCE IN THE HEALING OF THE EXTRACTION SITE WHEREIN PAIN, BAD ODOR / TASTE ARE EXPERIENCED ABOUT 3 - 5 DAYS AFTER THE SURGERY. CALL THE DENTAL OFFICE IF THIS OCCURS. COMMON IN SMOKERS.
14. ANY STICHES USED AT THE EXTRACTION SITE (S) WILL DISSOLVE/FALL OUT IN THREE TO FIVE DAYS. NO ADDITIONAL APPOINTMENT IS REQUIRED.
15. CALL THE DENTAL OFFICE IF YOU DO NOT UNDERSTAND ANY OF THE ABOVE INFORMATION OR IF YOU HAVE ANY COMPLICATIONS NOT ADDRESSED ABOVE.