

# **THE BLOOR CLINIC TORONTO DENTAL SPECIALTY GROUP**

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## **POST OPERATIVE HOMECARE INSTRUCTIONS FOLLOWING DENTAL EXTRACTIONS**

### **BLEEDING**

A gauze pack, slightly moistened with cold water, should be placed on the wound (extraction sight) to limit bleeding while clotting takes place. The gauze should be left in place for half an hour after you leave the office. **DO NOT CHEW ON THIS GAUZE. MAINTAIN FIRM PRESSURE.**

**If bleeding or oozing continues** after the gauze is removed, follow this procedure:

- 1) Fold a piece of clean gauze into a pad thick enough to bite on. Moisten the pad with cold water and place directly on the bleeding area.
- 2) Apply firm pressure to the area by closing the teeth gently together. Maintain this pressure for about half an hour and repeat if necessary. **REMEMBER PRESSURE WILL STOP BLEEDING.**
- 3) Do not suck on the extraction site: sucking may stimulate bleeding.
- 4) Do not forcefully spit. Allow the saliva to run out of your mouth, and then wipe it with tissue.
- 5) If you run out of gauze you may use a cold wet tea bag.
- 6) If heavy bleeding occurs or continues, call the office
- 7) Do not go to bed with gauze in your mouth.
- 8) Do not eat or drink with gauze in your mouth.

### **ACTIVITY**

#### **Local Anesthesia Patients:**

- 1) Maintain the head and upper body elevated with pillows.
- 2) **DO NOT SMOKE.** Smoking will delay healing and increase the pain.
- 3) Limit strenuous activity for 48-72 hours. This will reduce bleeding and help the wound heal.
- 4) Do not drink from a straw for 24 hours. This creates suction in the mouth, which could recommence the bleeding.
- 5) Start brushing your teeth the day following surgery. **Do not brush the wound or incisions.**
- 6) If you have persistent pain or a very foul taste in your mouth, call the office.
- 7) Avoid operation of a motor vehicle and dangerous machinery while on pain medications.

### General Anesthesia or Sedation Patients:

**Follow instructions 1-7** above, as well as the following:

- 1) The patient should rest under responsible adult supervision for the remainder of the day and night.
- 2) Do not operate a motor vehicle or dangerous machinery for a minimum of 18 hours post anesthesia.
- 3) Do not climb stairs unaccompanied for 24 hours following anesthesia.
- 4) Do not drink alcohol for 24 hours after the anesthetic.

### **RINSING**

- 1) Do not rinse your mouth for 24 hours.
- 2) After 24 hours start to rinse gently four times a day with warm salt water rinses. (1 tablespoon of salt in an 8oz. glass of warm water)
- 3) If given mouth rinse, use as prescribed.
- 4) Remember a clean wound heals better and faster.

### **SWELLING**

The amount of swelling depends on the difficulty of the surgery and on the individual. It peaks in 72 hours and lasts about a week. **TO HELP REDUCE THE SWELLING:** Apply an ice pack to your face (cheek), 20 minutes on and 20 minutes off (as often as you can, working around your schedule) for the first 3 days. After 3 days, discontinue the ice and instead apply a warm damp towel or heating pad to the swollen area. Continue this until the swelling is resolved.

### **PAIN**

After surgery, you will experience some pain for at least 2-3 days. Medications will be prescribed to you to control the pain. **Follow these instructions:**

- 1) Have the prescriptions filled as soon as possible by the Pharmacist.
- 2) Use the medication only as prescribed.
- 3) Take the pain medication before the freezing wears off.
- 4) Do not drive or perform activity that you will be held responsible for while taking pain pills. Pain pills such as Tylenol 3 and Percocet contain narcotics.
- 5) **Do not** drink alcohol when taking narcotics.
- 6) **Avoid** taking medications on an empty stomach. Take with yogurt, pudding, applesauce, jello, soup, etc.
- 7) A sore throat is to be expected after your general anesthetic. Throat lozenges and plenty of cold liquids will help with this.

## **NAUSEA**

Post-operative nausea may be due to general anesthetic or narcotic pain relievers. It may help to take food along with your pain pills, as the narcotics cause more upset on an empty stomach. If necessary, Gravol may be purchased at most pharmacies and should be taken as directed.

## **FEVER**

A slight fever is expected for a few days. If the fever is high and prolonged, notify the office.

## **BRUISING**

Bruising of the skin is variable and is not cause for alarm. It can be extensive at times.

## **DIET**

After the surgery, drink plenty of liquids such as fruit juice, iced tea, Gatorade, Boost, warm tea, or broth.

- Avoid hot liquids and spicy foods.
- **Do not** drink alcohol for 24 hours, or while taking narcotics.

You may start on soft foods the day after surgery and continue altering your diet as chewing becomes more comfortable. No hard chewing over the area of the extraction(s) until you feel comfortable to do so.

## **SUTURES**

The sutures (stitches) are slowly dissolvable and may fall out after 3-4 days, but the Doctor may also need to remove them if necessary.

## **EMERGENCY**

If any emergency should arise, please seek care at the nearest Hospital Emergency Department.

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