

## **INSTRUCTIONS FOLLOWING EXTRACTIONS**

1. Post-operative care is your responsibility though we are here ready to help.
2. On the first day, the goal is to control bleeding.
  - Bite on gauze firmly for one hour. This allows formation of a blood clot in the socket.
  - For newly inserted denture, you need to wear it continuously for the first 24 hours. The denture stops bleeding, helps clot formation and moulds the tissue. Denture should be removed 24 hours later allowing cleaning of the denture and extraction site.
  - If active bleeding persists, fold gauze into a firm wad and place it directly on the bleeding area. Maintain firm pressure by biting for another hour. The gauze may be substituted by a soaked tea bag. The tannic acid in tea has a clotting effect.
  - Do not suck the operating area and do not drink through a straw or rinse or brush teeth for the first day.
  - Smoking or alcohol should be avoided for 48 hours.
  - Cool or lukewarm liquids can be ingested after 2 hours.
  - For lower wisdom tooth extraction, apply ice pads to the corner of the jaw on the operating side until bedtime, alternating for 10 minutes on, 10 minutes off.
3. Starting the next day, the goal is to prevent infection.
  - Rinse mouth after every meal to keep socket clean. Plain or salt water is encouraged.
  - Brush your teeth as usual and gradually return to normal food.
  - Heat packs can be applied to the swollen areas 36 hours later.
4. If you are sedated, it is the escort's responsibility to assure you follow the instructions carefully.
5. You would expect: blood in saliva for 1 to 2 days, pain, swelling, limited mouth opening, soreness in the jaw and joints, bruise, hole in the socket for a few months.
6. You should resume your retainers or splints soon after bleeding stops.
7. You should report to us if
  - You are still frozen the next day. There is a risk of nerve injury, though rare, with extractions, especially lower wisdom tooth due to its close relationship with the inferior alveolar nerve. Another commonly involved nerve is lingual nerve. We want to follow up on this if it occurs.
  - You are still bleeding profusely after 24 hours. This may indicate bleeding disorder or fractured blood vessels. We need to take action to control the bleeding as soon as possible.
  - You have severe pain accompanied by foul breath. This is possible dry socket. You need to have the socket completely cleaned.
  - You feel liquid going into the nose when you drink. This may indicate a sinus communication. A closure procedure can be done to fix this in the future.
  - You feel anything else you think is not right. We want to help if you are in any doubt.