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CARE FOLLOWING ORAL SURGERY OR TOOTH EXTRACTION

It is essential that you:

1. ***Try not to disturb the surgical site*** as this will interfere with the formation of a blood clot. Do not suck through a straw. Do not rinse or spit for 24 hours. Avoid smoking/vaping of any kind and alcoholic beverages for 48 hours following the extraction.
2. ***Keep steady firm pressure while biting on gauze pad*** and continue this for 45 to 60 minutes. You may change the gauze occasionally by folding in quarters and placing the gauze over the extraction site. If there is only minor oozing of blood, no further application of gauze is necessary. However, if there appears to be heavy bleeding, place another gauze and keep firm, constant pressure for another 45 to 60 minutes without disturbing the area. You may need to repeat this procedure and if needed use a moistened tea bag in place of the gauze.
3. ***Swelling*** is a common consequence of extraction. This is best treated by application of an ice pack or cold pack on the affected area of the face for 20 minute intervals for the first 24 hours immediately after the extraction. Treatment of swelling subsequent to the first day of extraction will only give minor relief. Once swelling has arisen it is usually present for at least 3 days. If swelling becomes severe, contact the office as an infection could be present which would require antibiotics.
4. You may have been issued ***pain killers*** – follow the directions as indicated.

ADDITIONAL INFORMATION

- Avoid hot food and really cold liquid for the rest of the day. A soft diet is recommended. Avoid small seeds
- If you feel light headed or dizzy avoid excessive activity and keep your head elevated while resting or sleeping.
- Keep your mouth as clean as possible. 24 hours following the extraction, you may gently rinse with warm salt water (1/2 teaspoon of salt per glass of water). The following day you should be gently brushing all areas of the mouth. Continue gently rinsing with salt water twice a day until the area is healed.
- Facial tissues may discolor (bruising). Don't be alarmed as this will disappear in a few days.

Potential complications of tooth extraction include pain, swelling, bruising, infection, prolonged bleeding, damage to other teeth, temporary or permanent numbness from nerve irritation, jaw fracture, jaw joint pain and muscle tenderness.

Due to the location of upper tooth roots, an opening from the sinus to the mouth may develop or a root may be displaced into the sinus when a tooth is extracted. A possible sinus infection and/or opening from the mouth to the sinus could develop which might require medication and/or surgery to correct.

An additional complication called ***dry socket*** can occur when the blood clot does not properly form in the empty socket. The bone beneath the socket is painfully exposed to air and food and the extraction site heals more slowly.

NORMAL RESULTS

After an extraction the wound usually closes in about 2 – 3 weeks. It takes 3 – 6 months for the bone and soft tissue to be reconstructed. Complication such as infection and dry socket may prolong healing time.

Please contact the office if you have any questions or problems.