



COURTSIDE *Dental*

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Post Operative Instructions - Extractions

Healing following your procedure is usually fast and uneventful if you follow these directions.

- **Bleeding** – You can expect minor bleeding for the first 12 hours following surgery. To use the provided gauze at home, dampen it under lukewarm water, fold it twice, and apply pressure by biting firmly on it for 30 minutes. The pressure helps reduce bleeding and helps with the formation of a blood clot in the tooth socket. If the bleeding persists, moisten a black tea bag, wrap it in gauze, and bite down on it for 30 minutes. Tea contains Tannic acid, which can help reduce the bleeding.
- **Swelling** – To help prevent and reduce swelling, apply an ice pack wrapped in a towel to the cheek outside the surgical area and rotate 15 minutes with the ice pack on and 15 minutes with it off for the first 12-24 hours. Keeping your head elevated can help reduce swelling as well.
- **Healing** – Initial healing takes 1-2 weeks, and gums take about 3-4 week to heal. Complete healing of the bone can take 6-8 months depending on your care of the area. Some discomfort, bleeding, and swelling should be expected in the next 24 hours as your mouth heals.
- **Do Not Disturb The Extraction Sites** – Please keep your fingers and tongue away from the surgical areas. **DO NOT** drink from a straw or spit or rinse aggressively. In doing so, you may lose a blood clot, cause irritation, infections, and/or additional bleeding.
- **Smoking/Tobacco Products/Alcohol** – Avoid smoking completely! Smoking and alcohol consumption can interfere with the healing process, promote bleeding, and cause an infection. If you absolutely cannot refrain from smoking, the minimum recommended post-op time is 3 days! By using your provided gauze, you can cover the extraction site while smoking. The sucking motion created while smoking creates a negative pressure inside of the mouth which can dislodge the blood clot. If the blood clot is dislodged, the risk of developing a dry socket is increased substantially.
- **Pain/Numbness** – This may last for up to a week and will gradually improve. For the extraction of wisdom teeth, keep in mind that the worst days for pain and swelling are typically day two and three, with day one being the day after your procedure. Intense pain that gets worse after two days with or without a foul odour is considered abnormal. If this occurs, please contact the office immediately. Sore jaw joints may be massaged gently and heat may be applied, rotating 10 minutes on and 10 minutes off.
- **Diet** – For the first 24 to 48 hours, you should maintain a diet of soft, cool foods including yogurt, scrambled eggs, pasta, and clear soups. Avoid hot, spicy, and acidic foods to prevent irritation to the surgical site. Avoid eating following the procedure until the numbness wears off. When it does, chew on the opposite side of the mouth for the first 24 hours. **DO NOT** eat any foods with seeds or eat any nuts, this includes popcorn and seeded fruits! The seeds/kernels can get stuck in the sockets and cause infection and pain.
- **Rinsing** – Avoid rinsing for 24 hours! Disturbing the surgical area too soon can lead to increased bleeding or the loss of a blood clot. After 24 hours, very gently rinse the area after every meal with warm salt water (1 tablespoon of salt dissolved in one cup of warm water). Try rinsing by taking some of the solution into your mouth, and gently move your head from side to side and forwards and backwards, and then just open your mouth to let the solution fall into the sink without spitting.
- **Brushing** – Brushing lightly and carefully is encouraged near the surgical site to prevent food collection. Avoid mouthwash as it can burn the surgical sites and can feel very uncomfortable.
- **Activity** – Avoid vigorous activity and limit your activity for the first 24 hours as it may increase bleeding. **DO NOT** do any heavy lifting or bending over for at least 2 to 3 days. You may need to take a day off of work and/or the gym. If a note is needed for your employer, please inform us.

If you have an after hours emergency, please contact us at 306-525-2577 and follow the prompts. If needed, please proceed to the nearest emergency room!