

Post Operative Instructions - Extraction

The following post operative advice is intended to address potential questions or concerns you may have following your tooth extraction. Should you have any further questions that have not been mentioned below please do not hesitate to contact our office.

- * During the first several hours after your dental appointment it is best to avoid eating or drinking, particularly anything hot. Your mouth will be numb from the dental anesthetic and this poses a risk of trauma to your tongue and lips as a result of temporary loss of sensation. Special attention should be taken when supervising children who have had dental freezing.
- * Pressure should be maintained on the gauze that has been placed by the surgical site until bleeding has completely stopped.
- * Extra gauze will be provided in an envelope. If the gauze becomes saturated, it may be replaced by folding two fresh pieces of gauze twice. If bleeding persists after one hour you may moisten a tea bag and bite on it for an additional 10 minutes.
- * Avoid rinsing, brushing and flossing your mouth for the first 24 hours. At 48 hours warm salt water rinses are recommended to expedite healing. If a syringe is provided, fill with warm salt water and gently bathe surgical area. Gentle brushing may be resumed after 24 hours.
- * Do not use a straw for drinking as this will encourage bleeding. Do not drink anything carbonated over the first 24 hours.
- * Smoking should be avoided to prevent potential infection. Avoid strenuous exercise for one week.
- * The gum area surrounding the tooth may be tender and bruising may be present in conjunction with swelling and pain. Prescribed medications should be taken as directed to minimize pain, infection and swelling. Ice packs are typically a great way to control swelling and tenderness.
- * Soft diet consisting of soup, yogurt, fresh juice, ice cream and popsicles are recommended over the next 2-3 days.
- * In the event of excessive bleeding or pain please contact our office at 416-224-0677, the Dental Emergency Clinic at 416-485-7121 or go to your nearest hospital.