

INFORMATION FOLLOWING A TOOTH EXTRACTION

- **Bleeding** – After an extraction, a wet gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure on it for 30-45 minutes and replace it if bleeding continues. Slight bleeding may occur up to two days. Avoid activities that could apply a suction action to the blood clot such as smoking or sucking through a straw. Moist tea bags instead of gauze can also be used to control bleeding.
- **Rinsing** – Do not rinse your mouth for 5 days. When you finally rinse your mouth, you can use salt water or plain water. Try to avoid Listerine or Scope.
- **Swelling** – Following an extraction it is *not* unusual to experience moderate swelling, facial bruising and/or limited opening of the mouth. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on affected area for about 15-20 minutes of every hour for the next six hours.
- **Phlebitis** – The site of the intravenous needle placement should be kept elevated and still for the next 48 to 72 hours. A warm compress should be placed on affected area for about 15-20 minutes of every hour for the next six hours. Soreness/Redness at the IV site is called *phlebitis* (inflammation of the vein). Phlebitis is self limiting and may occur within 24 hours to 2 weeks after the treatment. Phlebitis may be accompanied by a low grade fever. This condition may persist for 2 weeks to 6 months. Treat with Tylenol, Ibuprofen (Motrin), apply warm compress on the affected area and keep the area still (*no* movement). Call your dentist.
- **Nausea and Vomiting-** All sedated patients should be monitored for breathing, nausea and vomiting for 24 hours. Although nausea and vomiting may occur after anesthesia, it is usually limited to one or two episodes. If this condition persists, you may need a prescription medication. Call your dentist.
- **Medications** – If non aspirin pain medication doesn't relieve the discomfort you may experience, a stronger medication may be prescribed. Be sure to use all medications as directed.
- **Food** – A light diet with plenty of water is recommended the first two days. Chewing should be done away from the extraction site.
- **Oral Hygiene** – Continue brushing and flossing being extra gentle near the extraction sites.
- **Bone Chips** – During healing you may notice small bony fragments working their way through the gums. This is *not* an abnormal situation. We can remove them if they become annoying.
- **Post Surgical Appointment** - A post surgical appointment may be recommended. These appointments are important to reevaluate and monitor your healing progress. Any sutures or packing will be removed during this appointment.
- **Numbing** – Due to the local anesthesia (shots) given, you may experience numbing of the mouth for up to 10 hours. Do *not* chew until this anesthesia resolves.
- If you experience any unusual symptoms or has any questions regarding follow up care, call Dr. Marquis **281 656 2200**

July 2005