

## Dental Extraction – Wound Care Advice

It is important to take care of your surgery site. Here are a few tips to keep in mind as you heal.

- Control bleeding with bite on gauze for 30 minutes after your procedure.
  - Avoid removing the gauze during that time. Bleeding will reduce gradually following your procedure.
- Apply an ice-bag to the facial area of your procedure in 15 minute increments for the first day following your procedure. Allow a few days, especially the first 24 hours, for your body to naturally heal and “clot.”
- Avoid dislodging the clot with swishing, sucking fluid through a straw, smoking and shisha. Avoid smoking after your procedure for at least one week.
- Limit physical activity for the remainder of the day after treatment.
- Chew on the opposite side of your mouth for 24 hours. Eat soft foods for the first 2 to 4 days, maintain a balanced diet, and drink plenty of water. Prevent toothpicks, eating with fork, or crunchy foods from making contact with the treated area.
- Expect anesthesia to last for a few hours following the procedure. Use prescribed pain medication as instructed by your Dentist after food before the anesthesia wears off. Take antibiotics if prescribed by your Dentist for the duration of the prescription. Some procedures may not need antibiotics.
- Avoid biting your cheek or lips on that side until the anesthesia wears off.
- Do not brush your teeth for the first 8 hours after treatment. Brush gently for the next 3 days.

You will need to come back to be seen by the Dentist if there are any sutures for removal or if the wound is to be reviewed.

Call the office during normal business hours or go to Emergency Room if you experience any of the following:

- ❖ Uncontrollable pain
- ❖ Excessive or severe bleeding
- ❖ Marked fever
- ❖ Excessive warm swelling in the days following your procedure
- ❖ Reactions to any prescribed medications (rash, itching, breathing issues)