

Diet

- It will take a few days to resume normal eating.
Remember: It is important to take plenty of fluids (8-10 glasses per day) unless your doctor tells you otherwise.
- Begin with small amounts of **clear, cool**, non-acidic liquids such as apple juice, broth, carbonated beverages.
- Avoid hot fluids for the first 24 hours.
- Gradually increase diet to cool liquids, milkshake, egg-nogs, etc. and then soft foods.
- A well balanced diet is important for wound healing.
- **Many pain medications cause constipation.** To prevent this, include high fiber and fluids in your diet, for example: Grain breads, Bran cereals, Fruits (prunes, raisins, bananas).

Follow-Up Appointment

- Contact your doctor's office to arrange a follow-up appointment.

Notify the Doctor or go to the nearest Emergency Department or Urgent Care Centre if any of the following happens:

- Chills, fever, a temperature more than 38.5°C (101.3°F).
- You cannot stop vomiting, or you are not able to drink anything for 24 hours because you feel too sick.
- Increased or constant pain that is not relieved by prescribed pain medication.
- Bleeding not controlled by pressure with gauze sponges.
- Swelling that worsens after it peaks in 2-3 days.
- Increased pain, earache, headache, light-headedness, or dizziness.
- A foul (bad) taste in your mouth unrelieved by the mouth care described (rinses, brushing of teeth).

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After Dental Extractions Discharge Instructions

Important Points

Swelling

- Swelling is common for 1–7 days, usually peaks in 2–3 days. Some bruising may also occur, lasting 2–3 weeks.
- For the first 48 hours, place an ice pack over the surgical area for 10–20 minutes every 2–3 hours. Ice helps to control bleeding and swelling. **Do not put ice in direct contact with the skin.** A plastic bag with ice cubes or a bag of frozen peas placed in a pillow-case or towel works well.
- After 48 hours, switch to warm moist heat to decrease swelling (use a clean face cloth and tap water).
- Sleep or rest with your head raised on two pillows to reduce swelling and bleeding.

Bleeding

- For 1–2 days, minor oozing or blood-streaked saliva from the mouth is normal.
- After tooth removal, it is important for a blood clot to form to stop the bleeding and begin healing. This is why we ask you to bite on a gauze pad for 30–45 minutes after the procedure.
- You should not exercise for the next 24 hours. This may increase blood pressure and cause more bleeding from the tooth removal site.
- If you have more than minor bleeding, , place a moist gauze sponge over the extraction area (a wet tea bag also works well). Bite gently on the gauze to create firm, even pressure. **Do Not** remove for 60 minutes.
 - **Note:** If necessary you may change the gauze every 60 minutes if it becomes soaked with blood.
 - **If at anytime** after the gauze is removed, bleeding continues, insert a new moist gauze and leave it in place for 1 more hour. **Do Not** spit or talk during this time.
 - **After 1 hour**, slowly and gently release the pressure on the gauze. If bleeding has not stopped, place another moist gauze in the bleeding area and continue to bite down. **Contact** your doctor and go to the nearest Emergency Department.

Mouth Care

- Stitches will dissolve on their own in 7–10 days. Avoid moving them with your tongue.
- A clot will form at the extraction site(s). To avoid dislodging the clot and bleeding:
 - **DO NOT** put your tongue into the extraction site
 - Avoid sucking actions for 5 days (i.e. using straws)
 - Avoid rinsing or spitting for 24 hours after surgery. Avoid smoking for at least 3 days, preferable for 1 week.
- **Dentures:** If dentures are inserted by the doctor, leave them in place for 24 hours, unless otherwise directed.

The Day After Surgery

- Gently rinse your mouth with warm salt water ($\frac{1}{2}$ tsp salt in 1 cup of tap water). Repeat this after each meal, snack, and at bedtime. This will help keep your mouth clean and promote healing.
- Brush teeth carefully with a softened toothbrush, avoiding the extraction site(s).

Pain

You may have discomfort for several days.

- Take pain medications as soon as you begin to feel discomfort.
- Do not wait until you are in pain to take pain medication.
- Take the pain medications **regularly** as ordered by your doctor.
- Do not drink alcohol when taking pain medications.

Local Freezing

- During the surgery, local anesthetic (freezing) is injected into the mouth to prevent pain and bleeding.
- After the surgery, you may have a numb lower lip and tongue. This will last up to 8 hours.
- If any numbness persists longer than 24 hours, you should contact your doctor.