



WEEPING WATER
— DENTAL —

Take Home Instructions After Tooth Extraction

- Do not rinse or spit for 24 hours after surgery.
- Keep fingers and tongue away from socket or surgical area.
- Use ice packs on surgical area (side of face) for the first 48 hours. Apply ice 20 minutes on, then 10 minutes off. Bags of frozen peas work well.
- For mild discomfort take Tylenol or ibuprofen every three or four hours.
- For severe pain use the medication prescribed to you.
- Drink plenty of fluids. (Do not use a straw)
- If the muscles of the jaw become stiff, chewing gum at intervals will help relax the muscles, as well as the use of warm, moist heat to the outside of your face over these muscles.
- After the first post-operative day, use a warm salt-water rinse following meals for the first week to flush out particles of food and debris which may lodge in the surgical area. (1/2 teaspoon of salt in a warm glass of warm water. Mouthwash can be added for better taste.)
- Diet may consist of soft foods which can be easily chewed and swallowed. No seeds, nuts, rice, popcorn, etc.
- A certain amount of bleeding is to be expected following surgery.
- Bleeding is controlled by applying pressure to the surgical area using small rolling gauze for 90 minutes.
- After that time remove gauze and then you may eat or drink.
- If bleeding persists, a moist teabag should be placed in the area of bleeding and bite firmly for one hour straight. This will aid in clotting blood. Repeat if necessary. If bleeding still persists call our office.
- We suggest that you do not smoke for at least 5 days after surgery. Nicotine may break down the blood clot and cause a dry socket.

To Relieve Pain

Immediately following the procedure, begin taking medication as directed by your doctor to minimize discomfort when the anesthesia wears off and feeling is back to normal. Application of an ice bag can help relieve discomfort.

After 24 hours, continue to take your medication if pain persists, and use an ice bag if needed.

To Minimize Swelling

Immediately following procedure apply ice bag over the affected area. Use 20 minutes on and 20 minutes off for 24 hours to help prevent excessive swelling and discomfort. If an ice bag is unavailable, simply fill a heavy plastic bag of crushed ice. Tie end securely and cover with a soft cloth to avoid skin irritation.

After 24 hours....it should not be necessary to continue with cold applications. You may expect swelling for 10 days to two weeks and a fever of 99 to 100 degrees Fahrenheit.

Feel free to contact us if any doubt arises as to your progress and recovery.