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CERTIFIED SPECIALIST IN ORAL & MAXILLOFACIAL SURGERY

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AFTER TOOTH EXTRACTION

Bleeding

Bleeding should never be severe. If so, it usually means that the packs are being clenched between teeth only and are not exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in very hot water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office

Syringe

A syringe was given to you at the time of your surgery. Please do not use this until 48 hours after your surgery. Fill a glass with warm water and 1/4 tsp of salt. Put the syringe tip in the glass and pull back. Place the tip of the syringe at the extraction site and squirt gently. This can be done after every meal for up to three days

Immediate Care

After the blood clot forms, it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, suck on straws, smoke, drink alcohol or brush teeth next to the extraction site for 72 hours. These activities will dislodge or dissolve the clot and retard the healing process. Limit vigorous exercise for the next 24 hours as this will increase blood pressure and may cause more bleeding from the extraction site.

Pain

After the tooth is extracted you may feel some pain and experience some swelling. An ice pack or an unopened bag of frozen peas or corn applied to the area will keep swelling to a minimum. Apply ice twenty minutes on and twenty minutes off. Take pain medications as prescribed. The swelling usually subsides after 48 hours.

Medication

Use the pain medication as directed. Call the office if the medication doesn't seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone.

Diet

Drink lots of fluid and eat nutritious soft food on the day of the extraction. You can eat normally as soon as you are comfortable.

Dental Hygiene

It is important to resume your normal dental routine after 24 hours. This should include brushing and flossing your teeth at least once a day. This will speed healing and help keep your mouth fresh and clean.

Post Operative Problems or Complications

After a few days you will feel fine and can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for two to three days, or a reaction to the medication, call the office immediately.

Contact Information

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office at 604-507-0514. Please try to call during office hours; however a 24-hour answering service is available for after hours contact with Dr. Bahi. For after hours please call 604-507-0514 and then press 1 when the recording begins.

Please note: telephone calls for narcotic (pain killer) prescription renewal are ONLY accepted during office hours.