



CLARKSON VILLAGE

D E N T A L C L I N I C

Phone: 905-855-2622 Fax: 905-855-9668 Email: info@clarksondentist.com
1098 Clarkson Road North, Mississauga ON, L5J 2V9

Postoperative Instructions for extraction

IT IS IMPORTANT THAT THESE INSTRUCTIONS ARE FOLLOWED CAREFULLY AS THEY MAY PREVENT NEEDLESS ALARM OR WORRY, AS WELL AS POSTOPERATIVE COMPLICATION.

- 1) **Local Anesthetic (Freezing).** The local anesthetics can last between 1 to 6 hours. The anesthetic typically leaves you lips, teeth, and tongue feeling numb, tingly, or heavy after the appointment. You should be careful to not bite your lip, tongue, or cheek.
- 2) **Pain** – You have been given a local anesthetic that may last up to 12 hours. It is important to begin pain medication as soon as possible and to take them with food unless told otherwise. **Do not wait for the local anesthetic to wear off before taking pain medication. (Motrin/Advil) taken 3 times a day will help with most post-surgical pain. IF Ibuprofen upsets your stomach then taking Tylenol can help too.** For the first few days after you root canal therapy, you may experience some discomfort and sensitivity. This is normal. This is why we recommend the Ibuprofen whether you think you need it or not.
- 3) **Oral Sedation** – If oral sedation was used, a responsible adult will be required to escort you home. You must rest at the house for the next 12 to 18 hours (no driving, operating machinery, making financial decisions, going to the mall, etc.)
- 4) **Antibiotics** - You may or may not be prescribed antibiotics. If you are prescribed antibiotics take them until all the pills are finished, even if you feel better. If you are on birth control pills, the antibiotics may render your birth control pill ineffective. It is highly advised to use other means of birth control when taking antibiotics.
- 5) **Swelling and bruising.** Slight swelling is considered to be normal. Swelling usually starts to go down after 2 or 3 days. After surgery, you can help reduce swelling by applying an ice bag or cold, moist cloth for 15 minutes on then 15 minutes off for the first few hours. After 2 days, use heat compresses or moist heating pad to reduce the swelling.
- 6) **Oozing of blood.** This is common for the first 24 to 48 hours following surgery. In order to stop it, fold 1 or 2 pieces of gauze thick enough over the extraction site to bite on and apply pressure for 30-60 minutes. Repeat every 45-60 minutes until the bleeding subsides. If you run out of gauze, use a warm moist tea bag instead.
- 7) **Sutures.** If sutures placed, do not play with them or pull on them. You are to return to the clinic for their removal in 1 week.
- 8) **No strenuous activities.** Limit yourself to calm activities (No heavy lifting, going to the gym, running around, etc.) for the first few days after surgery, this keeps your blood pressure lower, reduces bleeding, and helps the healing process.



CLARKSON VILLAGE D E N T A L C L I N I C

Phone: 905-855-2622 Fax: 905-855-9668 Email: info@clarksondentist.com
1098 Clarkson Road North, Mississauga ON, L5J 2V9

- 9) **Diet.** DO **NOT** EAT ON THE SIDE OF SURGERY. Drink lots of fluids. Avoid very hot or spicy foods, warm or cold foods are good. Eat Soft nutritious foods (soup, pudding, baking potatoes, Jell-O, scrambled eggs) and avoid sharp/hard foods (ex. Popcorn/chips). A good appetite and a well-balanced diet are essential to rapid healing. You may eat normally after 4 or 5 days or soon as you feel comfortable.
- 10) **Drinking.** Do **not** drink out of a straw (no suction)
- 11) **Hygiene.** Good oral hygiene is essential for healing. Brush on all sides except the extraction site.
- 12) **Rinse.** With warm water and salt 3 days after surgery (1/2 teaspoon salt and warm water).
- 13) **NO smoking.** Avoid it for 7-14 days or else there is a high risk of dry socket and further treatment will be required.
- 14) **NO spitting.** Avoid spitting to avoid the risk of dislodging the blood clot.

IF YOU HAVE ANY QUESTIONS AFTER THE EXTRACTIONS PLEASE CALL THE OFFICE