

After Dental Surgery

A blood clot needs to form within the extraction socket in order for healing of your gums and bone to occur. Do not disturb the surgical wound by touching, rinsing or spitting for the first 24 hours following treatment. If stitches were placed, they will dissolve in 3 to 7 days, otherwise they will be removed by our Surgeon.

Bleeding

Mild bleeding from the surgical site or redness of the saliva is normal during the first 24 hours following treatment.

Apply the gauze provided to you following your treatment, directly to the surgical wound. Change the gauze before it becomes saturated with blood or saliva, generally between 20 and 30 minutes apart. Expect some bleeding for approximately 12-24 hours.

Excessive bleeding, or bleeding that is profuse and constant must be reported to our office immediately in order for our team to manage your care.

Swelling

Gum and facial swelling is normal and may continue for at least 24 to 48 hours following your treatment. To help minimize swelling, apply an icepack to the cheek adjacent to the extraction site for 5 to 10 minutes during the first 24 hours after treatment. If both sides of the mouth were treated, alternate the ice pack application, 5 to 10 minutes per side for the first 24 hours after treatment.

Stitches & Extraction Socket

Sutures are placed to minimize bleeding and to help with healing. They will dissolve on their own within 1 week. Sometimes they become dislodged early with cleaning or movement. This is no cause for alarm. Unless significant bleeding begins you do not need to have it replaced. The extraction holes are normal. The site will gradually fill in with new tissue over the next 10-14 days. It is important to keep the area clean with gentle rinsing or irrigation with warm salt water.

Diet

Drink plenty of fluids following your treatment. Clear, cool and “flat” (non-carbonated) fluids are recommended during the first 48 hours following treatment.

Do not eat foods that require you to chew in the area of the dental extractions. Remain on a soft non-chew diet for the first 5 days after surgery.

Avoid popcorn, nuts, seeds (e.g. sesame seeds, sunflower seeds etc) or hard crunchy foods for at least 2 weeks after your surgery.

Using a straw is not recommended for the first 24 hours after surgery as it may increase negative pressure in your mouth and increase bleeding from the extraction site. Straws may also dislodge the blood clot creating a dry socket.

Pain

You will be prescribed or recommended pain medications to take after your treatment. A team member will provide you or your responsible adult escort with the details for how to take these medications. The information will also be clearly labelled on your prescription bottle.

Antibiotics

If prescribed, please be sure to take the prescription antibiotics to help prevent infections.

Oral Hygiene

Gentle oral hygiene is recommended for the first 48 hours following your treatment. Do not brush the gums directly near the surgical wound. Aggressive brushing or rinsing during the first 24 hours after your treatment may cause bleeding from the site, or dry socket.

Activity

Reduced physical activity following your treatment is recommended. Avoid excessive exercise, long distance running or heavy lifting during the first week following your treatment.

Please call our office during regular business hours for further instructions.