The Right Approach | Trusted Innovative Personalized

TOOTH REMOVAL

is a surgical procedure and requires post-operative care to avoid any unnecessary pain and possible complications.

WHAT TO DO

The first 48 hours are critical period in the healing process as this is the time when protective blood clot forms and initiates the healing process. It is very important to keep the area as clean as possible and free of any irritation to prevent infection and promote healing.

During this period it is very important that you:

***DO NOT SMOKE** or drink **ALCOHOL**: these substances severely interfere with your body's ability to heal.*

DO NOT SPIT OUT, RINSE OUT**, or **SUCK THROUGH A STRAW.

***DO NOT BRUSH** the affected area directly. Don't use any toothpaste so that there is no need to spit.*

***DO NOT EAT ANYTHING** while still numb as you can inadvertently bite your lip. After anesthesia goes away keep food away from the affected area. In general avoid food that crumbles (i.e. potato chips, popcorn, crackers), anything spicy and carbonated or hot beverages.*

***LIMIT** your **PHYSICAL ACTIVITY** to prevent increase in blood pressure which might increase bleeding.*

After this period return to your regular diet and hygiene routine as tolerated.

WHAT TO EXPECT

***HEALING** process begins immediately after surgery as your body sends blood to nourish the tooth socket. Soft tissues completely heal within 2-3 weeks, bone will take up to 6-8 months to completely accommodate the loss of a tooth.*

***BLEEDING** is expected and necessary following any surgical procedure. It is normal for some blood to ooze from the area of surgery for up to 12 hours. Excessive bleeding is best controlled by the use of pressure. Place a damp gauze pad over the area and bite firmly for 20 minutes. Repeat if necessary.*

***SWELLING** around the mouth, check, eyes, and side of the face is common. The swelling may not appear immediately, and sometimes happens up to 2-3 days post-surgery. You can help to minimize discomfort by applying ice packs to the affected area.*

***PAIN** you experience immediately after the procedure is most severe. It will gradually improve over the next several days. It is beneficial to take 600mg of Ibuprofen (Motrin or Advil) before your numbness wears off as it will reduce inflammation in the area.*

If antibiotics are prescribed you should carefully follow the instructions and finish the antibiotics until they are completely gone.

PLEASE NOTE: If you are currently taking birth control pills, they will be inactivated by the antibiotic.

*If you have **ANY** questions regarding these directions or if you experience **ANY** difficulties following your surgery do not hesitate to call Dr. Vinson at (917) 887-1792.*