



*An Experience That Will Leave You Smiling®*

### *Care following Dental Extractions*

Proper care of the mouth following most dental extractions can reduce complications and speed the healing of the surgical area.

**Protection of blood clot:** Maintain firm pressure by biting on the gauze sponge that has been placed over the surgical area. Keep steady firm pressure for 30 minutes. Repeat as often as necessary.

**Rinsing:** Do not rinse, spit or use a mouthwash for at least 24 hours. After 24 hours, rinsing with warm salt-water, 1/2 teaspoon table salt in 8oz. of warm water, every 1 to 2 hours is recommended. (The use of commercial mouthwash during the healing period is not encouraged.)

**Discomfort:** Following dental surgery, it is normal to experience some discomfort. If medication has been given or prescribed, take as instructed. If pain pills are to be taken, the doctor recommends one to be taken before the novocaine wears off. This is extremely effective. Do not drink anything alcoholic with the narcotic medication, as this is extremely dangerous.

**Eating:** Wait 2 hours before eating so a clot can form. Avoid getting food in the extraction site. Adequate food and fluid intake following surgery and/or general extractions is most important. If you find that eating your regular diet is too difficult, you may supplement your diet with liquids. Should you be unable to chew solid food of any nature for several days or longer, follow a nutritionally balanced liquid diet.

**Cautions:** Avoid all excessive physical activity. Do not pick at the surgical area or consume liquids through a straw. Avoid alcoholic beverages and refrain from smoking until healing is well established.

**Sutures (stitches):** If non-dissolving sutures were used, do not fail to return for their removal on the appointment date given, usually 2-7 days later.

**Control of Swelling:** Gently apply ice packs to area for periods of 20 minutes on, 10 minutes off. This procedure should continue for the first 24 hours only. Do not apply unwrapped ice directly to the face.

**Allergic Reactions:** If you experience a generalized rash, itching, etc., call the dentist immediately.

**Bleeding:** Some bleeding or slight oozing is common for the first day. If bleeding does not become minimal after a couple of hours, firm biting pressure on a moistened tea bag for 45 minutes (repeated as often as necessary) usually suffices.

Problems: After about 3 days, definite problems such as increased tissue soreness, bad taste, pain, or earache could indicate an infection. Notify the office. The doctor will rinse the area gently and apply medication. This may happen in about 5% of all extractions.

Questions: Please do not hesitate to call if any questions arise.

## *What to Do After Root Canal Treatment*

Following are some suggestions to aid in your comfort after root canal treatment.

You may be numb for some time after leaving today. Use cautions when eating and drinking to avoid burning or biting numb parts of your mouth.

The tooth receiving root canal treatment may be tender for 24 to 48 hours. Over the counter pain medications have been proven extremely effective in alleviating post-endodontic treatment discomfort. These medications consist of the potent anti-inflammatory analgesic Ibuprofen (Advil, Motrin Ib), and the analgesic acetaminophen (Tylenol). The following recommendations are made regarding the use of these pain medications:

### **First 48 hours:**

(4) 200 mg tablets of Ibuprofen every 6-8 hours

(2) regular or extra strength acetaminophen tablets may be taken two hours after each Ibuprofen dose for additional relief.

### **After 48 hours:**

Follow the above recommendations as needed for discomfort.

It may be necessary to prescribe you additional pain medications and/or antibiotics. It is very important that you take these medications as directed to alleviate discomfort and aid in post-treatment healing.

If discomfort and/or swelling does not decrease after 48 hours or at any time worsens, it may be prudent to contact us at our office at (715) 834-6603 or after hours at your doctor's home.

Dr. Hutchinson: (715) 839-7590

Drs. Breneman : (715) 835-6092

Dr. Johnson : (715) 552-5934

A temporary filling may have been placed over the root canal opening in your tooth. It is important that you complete the filling/restoration of your tooth. Use care when chewing until the final restoration is placed.

If you have any questions or concerns, please ask us. We will gladly help in any way we can.