

Home Care Instructions After Exposure of an Impacted Tooth

Do not disturb the wound. If surgical packing was placed, leave it alone. The pack helps to keep the tooth exposed. If it gets dislodged or falls out, do not get alarmed.

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding which results in your mouth filling rapidly with blood can frequently be controlled by biting with pressure on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues, please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply ice for the first 36 hours. Apply ice pack to the side of the face, 20 minutes on and 20 minutes off while awake. After 36 hours, the application of a moist warm towel should be applied continuously for as long as tolerable.

Diet

Drink plenty of fluids. Avoid hot liquids or hard food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

Comfort

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. Four moderate pain, one or two Tylenol or Extra Strength Tylenol may be taken. Tylenol may be taken every three to four hours. Ibuprofen (Advil, Motrin) may be taken instead of Tylenol. Ibuprofen bought over the counter comes in 200 mg tablets: Two to three tablets may be taken every three to four hours as needed for pain. For severe pain, the prescribed medication should be taken as directed.

Oral Hygiene

Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after surgery. Brush your teeth as best as you can. Rinse with warm salt water (one teaspoon of salt in a cup of warm water) six times a day. Continue this procedure until healing is completed.

REMEMBER: A clean wound heals better and faster.

Activity

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get light headed, stop exercising.

If you have any questions or concerns, please call us at (504) 366-3052. After office hours, you can email us at info@geauxsmiles.com.