



Tooth Extraction Post-Operative Instructions

Proper care for the mouth following dental procedure can reduce complications and increase the speed of healing of the surgical area. Below are points of care that may be useful for you following dental procedures.

DO NOT RINSE...or use mouthwash for 24 hours. On the following day, rinse with warm water and salt several times daily.

BITE...on a thick gauze pad for half an hour or more. If oozing persists until bedtime, sleep with head elevated (2 pillows). Do not sleep with gauze in your mouth.

DISCOMFORT...is normal following dental procedures. If medication has been given or prescribed, take it as instructed.

EAT... soft nutritious food. If you find eating too difficult, you may supplement your diet with products, such as Carnation Instant Breakfast, that provide the nutrients you need for proper healing.

THE TOOTHBRUSH...may be carefully used in the area of the mouth not involved by the surgical procedures. A clean mouth heals faster.

AVOID... all excessive activity and don't pick at surgical area.

AVOID... spitting and do not consume liquids through a straw for the first day. Do not drink hot liquids until healing is well established.

CONTROL OF SWELLING... if suggested, gently apply ice pack to the area for period of 2 minutes on and 10 minutes off. This procedure should continue for the first 4 hours only.

REFRAIN... from smoking at least for the first day.

DO NOT HESITATE... to call us at (416) 536-2626 if you have any questions. If the office does not answer, please call **DENTAL EMERGENCY SERVICE at (416) 485 7121**.