

ARROWHEAD LAKES DENTISTRY

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**THIS INFORMATION IS FOR GENERAL USE ONLY.
YOUR INDIVIDUAL SITUATION MAY VARY.
CONSULT YOUR DENTIST FOR SPECIFIC
RECOMMENDATIONS.**

ORAL SURGERY: EXTRACTIONS

1. After your teeth were removed, a gauze compress was placed over the wound. You were asked to keep your jaws closed tightly for an hour. This was to help stop bleeding and keep saliva away from the open tooth socket. The compress may then be discarded. You may expect slight bleeding for several hours. If excessive bleeding occurs, use the gauze that was given to you to apply pressure to the area for an additional half hour. This may have to be repeated three or four times. The use of a wet tea bag over the bleeding area will often help. If the bleeding does not stop, contact this office.
2. Do NOT rinse, spit out, use a straw, smoke a cigarette or do anything that can create pressure inside your mouth for the first day. On the next day or there after, gently rinse your mouth with warm salt water three times a day or more. Dissolve 1/2 teaspoon of salt in one glass of very warm water.
3. To keep swelling down to a minimum, place an ice bag on the area – on 20 minutes and off 10 minutes for two hours or more.
4. Keep taking nourishment. Begin by eating liquid or soft foods such as soup, milk toast, soft boiled eggs, milk and cream, or well-cooked cereal. As soon as possible, get on solid food. You will feel better, have more strength, less pain, and heal faster if you continue to eat. Be sure to get plenty of liquids.
5. Do NOT smoke for 48 hours. Smoking is the primary cause of painful dry sockets.
6. Rest is necessary to maintain a healthy body, and cannot be over emphasized at this time.
7. If stitches or sutures were placed in the gum, they will be removed here in the office in one week.
8. The numbness from the local anesthetic will last for several hours. Be very careful not to bite or otherwise injure your numb lip, tongue, or cheek in the meantime.
9. You have been given a prescription for the discomfort once the anesthetic wears off. Follow the instructions on the label.
10. If you have severe pain, fever, bodily illness, or excessive bleeding, or any other questions, please contact our office.

EXPLANATION OF SYMPTOMS THAT MAY OCCUR

1. Swelling of some extent follows nearly every extraction. This is nature's way of beginning the healing process. After the removal impacted teeth or dental surgery, swelling is often quite severe. It is most marked on the second or third day and begins to disappear on the fourth day.
2. Stiffness of the jaws is also nature's way of splinting and resting the part which needs to be repaired and usually relaxes about the fourth to sixth day.
3. Black and blue marks on the face are caused by bleeding internally into the cheeks or chin. This appears first as a swelling, but after the second or third day, it may discolor the face yellow, black, or blue. It will gradually disappear in a week to ten days.