

POST-OPERATIVE INSTRUCTIONS AFTER TOOTH EXTRACTION

YOUR GUIDE TO A SMOOTH RECOVERY

Please follow these guidelines carefully to support healing, minimize discomfort, and prevent complications.



WHAT TO EXPECT DURING HEALING



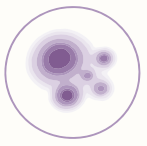
Swelling: You may notice swelling in the cheek, face, or neck. This usually peaks around day 3 and begins to reduce gradually over the following days.



Limited Jaw Opening: You may find it difficult to open your mouth fully for up to 2-3 weeks. This is your body's natural way of protecting the surgical site and is not caused by stitches.



Pain or Discomfort: Some discomfort is expected, especially in the first 2-3 days. Pain should gradually improve. If pain worsens sharply after a few days, contact us - it could be a sign of dry socket or infection.



Bruising: You may notice bruising around the cheeks, neck, or even upper chest. This is normal and should fade over a few weeks.



Mild Fever: A low-grade fever is common. If you're concerned, use a thermometer under the arm (oral readings can appear higher after surgery).



Numbness: Temporary numbness may occur. In rare cases, it can take weeks or months to resolve. Permanent numbness is extremely uncommon.



Stitches: Most stitches dissolve on their own within 1-3 weeks. They help the gums heal by holding tissue together.



MEDICATION

Take prescribed medications exactly as directed. If you experience itching, rash, difficulty breathing, or swelling of the face/lips - seek emergency care immediately (possible allergic reaction).



WHAT TO AVOID



No rinsing, spitting, or using straws for the first 24 hours - this can dislodge the healing blood clot.



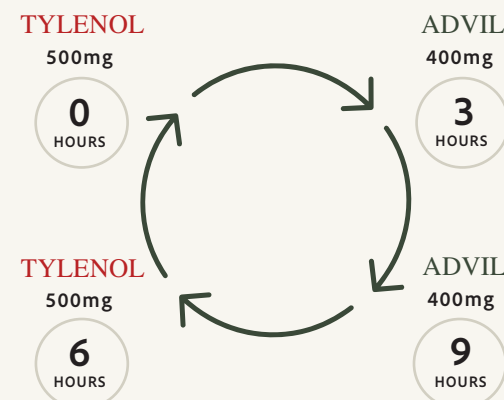
No touching the surgical site with fingers or objects - even clean hands can introduce new bacteria.



No hard or chewy foods until healing progresses - avoid foods like nuts, seeds, chips, or rice that can get stuck in the area.

PAIN RELIEF (TAKE AS DIRECTED)

For moderate pain, follow this 3-hour offset schedule:



- Take Advil and Tylenol every 3 hours to address your pain.
- Don't take any medication you are allergic to.

SELF-CARE



Rest

Take it easy for the first couple of days.



Elevate

Elevate your head when lying down to minimize swelling (use 2-3 pillows).



Ice Packs

Apply ice packs on the outside of your face (20 minutes, 20 minutes off) for the first 48 hours.



Salt Water Rinses (Starting 24 Hours After Surgery)

Gently rinse with warm salt water after each meal.

Use standard glass of water with 1 teaspoon of salt.

Use the Monojet syringe provided to gently rinse over the socket.

Never forcefully squirt water into the socket or insert the syringe tip into it.



Oral Hygiene

Brush and floss the other areas of your mouth as usual to maintain good oral hygiene.



Manage Bleeding

Minor oozing is normal. If bleeding increases:

Bite firmly on gauze for 20-30 minutes.

If needed, bite on a slightly moistened black tea bag for the same duration.

If bleeding continues despite this, contact us or go to the nearest emergency room.



EATING & DRINKING

- Wait until the freezing wears off before eating to avoid injury.
- Stick to soft, cool foods like yogurt applesauce, mashed potatoes, smoothies, or soup (not hot).
- Avoid crunchy, spicy, or hot foods for the first several days.



WHEN TO CONTACT US OR SEEK URGENT HELP

- ✓ Excessive bleeding that doesn't stop with pressure
- ✓ Severe or increasing pain after day 3
- ✓ Swelling that worsens or affects breathing/swallowing
- ✓ Fever above 38.5°C for more than 24 hours
- ✓ Signs of infection (foul taste, pus, increasing redness)
- ✓ Signs of allergic reaction or difficulty breathing



We're here to support you.
If you have any concerns,
don't hesitate to reach out to our office.



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Patient handouts

Scan me