Hennick Humber Hospital

Surgical Program

Impacted Tooth Extraction

We have removed a tooth that was fully or partially trapped under the gum (impacted). After surgery, the space that once held the tooth (the socket) will form a blood clot to protect the bone and nerves underneath as it heals. This sheet gives you instructions on how to protect the clot and care for yourself after this procedure. It supplements the information the staff discussed with you.

SIGNS AND SYMPTOMS

After an extraction of an impacted tooth, it is normal to have:

- Some **pain** as the freezing (local anesthetic) wears off. Pain will often get worse for the first 3 days, and then gradually get better.
- **Numbness** in the area from the freezing. This will normally wear off within 12 hours.
- **Swelling** that gets worse for the first 3 days, and then gradually gets better.
- **Blood oozing** from the socket for up to 4 hours after surgery. Small amounts of blood in the mouth or saliva is also normal for up to 3 days after surgery.
- **Stitches** in your mouth.
- Some of the **jaw bone sticking out** of the gums. The edges of the bone may feel sharp, but will usually smooth out with time.
- **Nearby teeth** that **feel loose or sensitive**. This often resolves after several weeks.
- **Bruising** on your face, especially if taking blood thinners. Bruising may spread onto the neck and chest and will resolve over time.
- A **fever** of 38 °C (100.4 °F) or higher for the first 48 hours.
- **Nausea, grogginess,** or **dizziness** for the first 24 hours from the freezing and swallowing of blood. After 24 hours, nausea and vomiting might happen from taking narcotic pain medicine or being dehydrated.
- A **sore throat**.
- A **stiff jaw** for several weeks.

Contact your surgeon or go to your nearest Urgent Care Centre or Emergency Department, if you have:

- Pain that does not get better, or gets worse, even after taking medicine
- Difficulty swallowing or breathing
- Excessive bleeding that does not stop
- Pus or bad smelling fluid from the socket
- New swelling that appears 5 days after surgery
- Severe nausea (feeling sick to your stomach) or vomiting (throwing up)
- Signs of dehydration (cannot pee, fainting, heart racing when standing up).

For emergency issues, you may also call Hennick Humber Hospital at (416) 242-1000 and ask to speak to your oral surgeon.

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MEDICINES

REGULAR MEDICINE: You may have had to stop taking certain medicines before the procedure.

- Blood thinners (such as Aspirin®, Warfarin, Plavix®): Ask your surgeon when you can restart these. **Taking this medicine too soon after surgery may increase your risk of bleeding.**
- All other medicine: You may restart them after surgery **unless your surgeon tells you otherwise.**

PAIN MEDICINE:

- **Over-the-counter pain medicine:** For mild to moderate pain, you may take either:
  - » 600 mg to 800 mg of Advil® every 8 hours as needed (maximum 2400 mg in 24 hours) **OR**
  - » 500 mg to 1000 mg of Tylenol Extra Strength® every 8 hours as needed (maximum 4000 mg in 24 hours).
- **Narcotic pain medicine:** If your surgeon prescribed a narcotic pain medicine (such as Tylenol® 3, Percocet®, or Demerol®), take it for severe pain, as directed. If you still feel pain, please contact the office and we can change the formula. Taking narcotics may cause:
  - » Nausea and vomiting - Do NOT take the medicine on an empty stomach.
  - » Drowsiness - Do NOT drive, use heavy machinery, or do tasks that need concentration.
  - » Constipation - Treat with OTC Colace®, Docusate Sodium®, or a stool softener.

- Do NOT drink alcohol while on narcotic pain medicine.
- If you are on Tylenol® 3 or Percocet®, do NOT take OTC Tylenol®.

MEDICATED RINSE: If your surgeon prescribed a medicated rinse, take as directed.

ANTIBIOTIC MEDICINE: If your surgeon prescribed an antibiotic, take as directed.

APPOINTMENTS

Surgeon Name: _____

- ☐ No follow-up appointment required - visit your general dentist.
- ☐ Go to the _____ clinic on DD / MM / YYYY at _____ (time) for your follow-up appointment.
- ☐ If we inserted dentures during your surgery, call your dentist or denturist to book an adjustment within 1 week of surgery.

RESULTS

- Your surgeon will discuss any results or reports with you at the follow-up visit, as advised.

TALK WITH ME (ABOUT MY CARE)

ACTIVITY:

- On the day of your surgery, try to rest. Do NOT exercise or do strenuous activity for the first 24 hours as this may disturb the clot and increase bleeding.
- For the first 72 hours, do NOT smoke. Smoking can slow healing and lead to complications.
- Depending on the pain you feel, you may return to work/school when comfortable..

DIET:

- On the day of surgery, begin with fluids (such as ginger ale, cranberry juice, consommé), then move onto soft foods (such as Jell-O®, fish, well-cooked pasta, eggs). By days 3 to 5, you should start to feel comfortable enough to resume a normal diet.
  - » For the first 12 hours, as the freezing is wearing off, do NOT chew anything as you can injure the numb area. **If the area continues to feel numb after the freezing has worn off, chew food carefully and let your surgeon know during your follow-up visit.**
  - » For the first 24 hours, do NOT consume hot food/liquid as it may prevent the clot from forming.
  - » For the first week, do NOT consume anything small (such as seeds, nuts, and popcorn). These can get stuck in the socket and cause an infection.
  - » If you have a stiff jaw, avoid chewy or hard foods.

MOUTH AND SOCKET CARE:

- Always keep your fingers and tongue away from the socket. Do NOT pull on the cheek to inspect the socket.
- For the first 24 hours, do NOT spit, suck on a straw, or rinse. This will disturb the clot that is forming in the socket and increase bleeding and pain.
- After 24 hours:
  - » You may start to rinse your mouth with a salt water (mix 1/2 teaspoon salt in 250 ml (1 cup) warm water) or the medicated rinse. Rinse after each meal and before bed for 1 week. **Rinse gently, do NOT rinse vigorously (with a lot of force).**
  - » You may start to brush your teeth, but be gentle around the socket for 1 week.
- After 5 days, you may start to use the syringe we gave you to rinse the site with water.
- After 3 to 10 days, the stitches in your mouth will start to dissolve, but it is okay if they fall out sooner.

PAIN AND SWELLING:

Pain and swelling will often get worse for the first 3 days after surgery, then gradually get better.

- For pain, take pain medicine as instructed (see **MEDICINES** on page 2).

TALK WITH ME continued on next page

TALK WITH ME (ABOUT MY CARE) (CONTINUED)

PAIN AND SWELLING (CONTINUED):

- For swelling:
  - » For the first 24 hours, apply an ice pack: Put ice in a plastic bag and place a towel between your skin and the bag. Leave the ice on for 15 minutes and off for 15 minutes.
  - » Keep your head elevated (head above the heart), even when sleeping (use 2 pillows to raise your head).
  - » After 3 days, if you desire, you can apply heat to your face to reduce swelling faster. This can be a heating pad or a warm, moist towel.

BLEEDING:

Small amounts of blood in the mouth or saliva is normal for up to 3 days after surgery. If excessive bleeding occurs (mouth continues to fill with bright red blood):

- Wash your hands with soap and water. Look in the mouth to identify the bleeding site.
- Place a thick moist gauze pack or tea bag on the site. Bite down gently but firmly for 30 minutes. Do NOT chew on the gauze. Repeat this up to 3 times.

NAUSEA (FEELING SICK TO YOUR STOMACH) AND VOMITING (THROWING UP):

- For nausea and vomiting, drink only clear liquids (such as Gatorade® or other sports drinks) and eat soft bread. You may also use Gravol® (dimenhydrinate).

RETAINER OR DENTURE CARE *(if applicable)*:

- If we inserted dentures during surgery, do NOT remove them for 24 hours.
- If we gave you a retainer, you can put it on after 24 hours unless you have been instructed otherwise.
- After 24 hours, you may start to take them out to clean them and to rinse your mouth. Do this after each meal and before bed. Continue to wear them throughout the day and overnight.
- After the first week, start wearing the dentures during the day only. Do NOT wear them while sleeping.

DRY SOCKET *(if applicable)*:

Rarely, the clot will dissolve too soon, exposing the bone. This can lead to a foul smell and pain that you cannot relieve with pain killers. If this happens:

- Make an appointment with your surgeon to apply a dressing over the exposed bone.
- Keep the area clean with warm salt water rinses. Gently apply clove oil onto the socket with a cotton tip.