

# **After Exposure of Impacted Tooth**

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

## **Bleeding**

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding can frequently be controlled by biting with pressure on a gauze pad placed directly on the bleeding wound for 30 minutes. Repeat as needed. If bleeding continues, please call for further instructions.

## **Swelling**

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack on the cheek of the surgical site. Apply the ice continuously as much as possible for the first 36 hours.

## **Diet**

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

## **Pain**

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. Over-the-counter pain medication such as Tylenol or Ibuprofen (Advil/Motrin) can be used for moderate 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 you can, avoiding the surgical site. Rinse with warm saltwater (1/2 teaspoon of salt in a cup of warm water) 6 times a day. Continue this procedure until healing is complete.

## **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 lightheaded, stop exercising.