

Post operative instructions: after your appointment

The following are recommendations for your comfort at home:

1. After the appointment, the patient must NOT operate a motor vehicle or hazardous machinery for at least 24 hours.
2. The patient may be drowsy for the remainder of the day and must not be left unattended and should be closely supervised at all times by a responsible adult for 24 hours.
3. The patient may not consume alcohol and other drugs with sedative properties or make important decisions.
4. Do not rinse, spit or disturb an extraction site in any way for the remainder of the day.
5. Do not engage in excessive physical activities for 24 hours.
6. Do not ride a bike, drive a vehicle or any machine operated toy for 24 hours.
7. Clear fluids for 4 to 6 hours (apple juice, water) Then, you should eat a soft diet for the next 2 days. For example, eggs, yogurt, soup, jello, white bread with crust removed, or blenderized foods. AVOID foods that are too hot or spicy.
8. Try to keep your mouth as clean as possible after 24 hours by gently brushing the teeth or wiping the mouth carefully with moistened gauze. If you are able to rinse your mouth, you can do so with warm salt- water every few hours. (½ teaspoon of salt in a 6 ounce glass of water)

After dental extractions, the following may occur:

1. PAIN- may be expected. Ibuprofen (Advil, Motrin) and/or acetaminophen (Tylenol) can be given as directed on the bottle.
2. BLEEDING- some bleeding is to be expected for the first 24 hours. Remember, a small amount of blood mixed with saliva may appear excessive. Fold a clean gauze, place directly over the bleeding site and apply pressure for 30 minutes while sitting in an upright position. Do not sleep with a gauze pack in the mouth.
3. SWELLING- some swelling may occur. Apply cold compress to the swollen area (20 minutes on, 20 minutes off.) DO NOT APPLY HEAT. If swelling increases after 48 hours please contact our office.
4. DISCOLOURATION- bruising of the skin may occur. It will disappear within a week.
5. SORE THROAT, DIFFICULTY OPENING THE MOUTH, OR EAR PAIN- may occur, and will begin to gradually disappear within 2 to 4 days.

For after hour emergencies please phone the Ottawa Dental Emergency Line at 613-523-4185. If you require urgent care please call 911 or present to the nearest hospital.