



Instructions Post Dental Extraction of Single Tooth **(No Bone Graft Placed)**

1. ****Immediately Following Surgery**** Bite on gauze for 30 minutes.
2. Do not touch the surgical area with your tongue or fingers.
3. **Bleeding.** It is normal for saliva to be streaked with blood for a day. If bleeding is present, fold sterile gauze into a firm wad and place it directly on the bleeding area. Maintain firm pressure for 20 minutes. The gauze may be substituted by a warm, soaked tea bag. The tannic acid in tea has clotting effect. Repeat as necessary. If bleeding persists or seems profuse, contact the office during regular business hours or the after-hours emergency line at (519) 381-2622 for further instructions.
Pain. It is normal to experience some pain and tenderness after an extraction. Normally, pain begins on the evening of the surgery and lasts for 2 to 3 days, becoming less noticeable with each passing day after that. A sore throat is also common due to suctioning of debris and secretions during the procedure. Some surgical site discomfort may persist for up to a week. Over-the-counter pain medication usually is sufficient. Speak with your pharmacist to ensure you are taking the correct dosage and frequency of over-the-counter pain medication.
4. **Swelling and Discolouration.** Some swelling/discolouration is to be expected in certain areas, usually reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. For the first 48 hours after surgery, as needed, use a soft ice pack, pad or frozen peas, alternating for 20 minutes on, 20 minutes off. After 48 hours post surgery, as needed, use a warm compress 20 minutes on, 20 minutes off to stimulate blood flow to the area. If you experience delayed swelling 10 or more days after the surgery, please contact the office as this could be indicative of a low-grade infection and may require antibiotics.
5. **Oral Care.** Do not brush or floss directly where stitches have been placed. The day after surgery you may resume brushing and flossing but be gentle around the extraction sites. Avoid using a waterflosser (e.g. Waterpik) in the extraction area for 7 days after the surgery.
6. **Mouth rinsing:** Start rinsing the day AFTER surgery with salt water. Mix ½ teaspoon of salt in a glass of warm water. Use saltwater rinses 3-4 times per day (after meals and before bed). Continue to rinse for 7 days.
7. **Physical Activity.** On the day of surgery, you should go home directly and rest. Exercise or physical activity is discouraged on the day of surgery as it will increase bleeding.
8. **Difficulty Opening Mouth Post Surgery (Trismus).** While not common, this can happen due to post-operative swelling and inflammation in the muscles around the surgical sites. It is a temporary condition and will resolve within a few weeks. Gentle massages of the jaw act like stretching and can help relieve some of the tension. If trismus persists or causes severe pain during opening of the jaw, call the office.
9. **Diet.** Avoid hot (high temperature) foods and liquids. Avoid anything spicy. Avoid crunchy and sticky foods. Consume a soft, nutrient-dense diet for about one week after the surgery.

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10. **Straws.** Avoid using a straw for at least 48 hours after your surgery. This reduces the likelihood of a blood clot becoming dislodged in the early healing period.
11. **Bad taste or odor.** This can happen due to some of the bacteria present in the mouth. Routine saltwater rinses will help. Place ½ teaspoon of salt in a glass of warm water. Rinse for 10-15 seconds and spit. Repeat 3-4 times per day for one week. If it does not go away within a few days, contact the office for a prescribed mouth wash. If sutures (stitches) were placed, this can cause a bad odor or taste.
12. **Sutures (stiches).** If sutures are placed, they usually dissolve on their own. If they are loose, do not pull on them. If there are loose, pointy/sharp/irritating, or if the stitches have not dissolved on their own within about 2 weeks, call the office to have them removed.
13. **Sharp bone edges.** When a tooth is removed, the thin socket bone often projects through the gingiva and may feel sharp to the touch. Most of these bony projections will smooth out as the bone remodels over 4 to 6 weeks. This is not cause for concern unless the stitches completely release. However, if it feels uncomfortably sharp or irritating, do not hesitate to call the office for advice.
14. **Dentures:** If a denture is inserted immediately after single or multiple tooth extractions, leave the denture in overnight for the first night. Then start the gentle saltwater rinses the next day. If the denture is not fitting well, please give the office a call.
15. **Sores or abrasions:** These may occasionally appear on the lips, tongue and/or corners of the mouth due to dryness or stretching of the tissues. Use petroleum jelly or Vaseline for the first week following surgery to facilitate healing.
16. **Alcohol, recreational drugs (including cannabis), and recreational drugs.** To prevent healing complications, all forms of alcohol, cannabis, zin patches, vaping, and recreational drugs should be avoided for at least 7 days following your procedure.
17. **Smoking:** To decrease the chances for healing complications, do not smoke tobacco (cigarettes or cigars), cannabis, and do not vape for 7days following surgery.
18. **Do not hesitate to contact the office if in doubt.** If you have any questions or concerns, please contact the office at (519) 245-0751. If you are experiencing a concern outside of regular office hours, please call or text our after-hours emergency line at (519) 381-2622.

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