



After impacted tooth exposure

After your surgery, it's important to avoid disturbing the surgical area. You may have surgical packing in place to keep the exposed tooth secure. Do not interfere with the packing, but if it falls out on its own, there's no need to worry.

****Bleeding****

It's normal to experience slight bleeding or red-tinged saliva within the first 24 hours after surgery. If bleeding becomes excessive, place a gauze pad directly over the incision site and bite down gently for 30 minutes. Replace the gauze when it becomes saturated. Once bleeding stops, you can remove the gauze and discard it. However, if bleeding continues beyond this, contact our office for assistance.

****Swelling****

Swelling is a typical response after surgery. To minimize it, apply ice to the affected side of your face. For the first 36-48 hours, use ice as much as possible while awake. After 48-72 hours, you can switch to heat therapy and apply a warm compress with a gentle massage 3-4 times daily to reduce swelling and soreness.

****Diet****

Be sure to drink plenty of fluids, and avoid consuming hot foods and drinks. On the day of your surgery, stick to soft foods and liquids, then gradually return to a regular diet as soon as you feel comfortable. If a gold chain or other hardware was placed on your impacted tooth, make sure to clean and rinse the area after each meal to encourage healing and prevent infection.

****Pain****

Take any prescribed pain medications before the numbing effect wears off to maintain comfort.

For mild to moderate pain, you may take 1-2 tablets of Tylenol® or Extra Strength Tylenol® every 6 hours. Ibuprofen (Motrin® or Advil®) can also help reduce pain, swelling, and inflammation. Typically, Ibuprofen is taken in 200mg doses, but your doctor may recommend 600mg every 6 hours or 800mg every 8 hours.

If your pain is more severe, your doctor may prescribe narcotic pain medications. These can make you feel drowsy or slow your reflexes. Avoid driving, operating machinery, or consuming alcohol while taking narcotic medications.

Within 72 hours after surgery, pain should gradually decrease each day. If pain persists or worsens, please reach out to your surgeon.

****Oral Hygiene****

Maintaining a clean mouth is essential for healing. Begin cleaning your mouth the day after surgery by brushing your teeth gently and rinsing with a warm saltwater solution. Rinse at least three times a day until your mouth is fully healed.

If a gold chain or other hardware were installed on your impacted tooth, clean and rinse the area daily to promote healing and reduce the risk of infection.

****Activity****

The day after surgery, avoid strenuous physical activity as it could lead to bleeding or throbbing. Start with light exercise and gradually return to your normal routine as you feel up to it.