

Patient Instructions: After Exposure of an Impacted Tooth

After Impacted tooth exposure, do not disturb the wound. If surgical packing was placed, leave it alone. The packing helps to keep the tooth exposed. If it gets dislodged or falls out, do not get alarmed but please contact our office for instructions.

Bleeding:

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding that rapidly fills your mouth with blood can frequently be controlled by biting with pressure on a gauze placed directly on the bleeding wound for 30 minutes. If bleeding continues, please call for further instructions.

Swelling:

Swelling is a normal occurrence after surgery. To minimize swelling apply an ice bag or a plastic bag filled with ice cubes on your cheek near the area of surgery. Apply the ice as much as possible for the first 36 hours.

Diet:

Drink plenty of fluids. Avoid hot liquids or hard foods. Only consume soft food and cool liquids on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

Pain:

If you were recommended to alternate Tylenol (1000mg, 2 tabs) and Ibuprofen (600mg) every 4 hours and can tolerate it, start the Tylenol immediately. Continue with this 4-hour regimen as needed. If this regimen is not working, switch the Tylenol to the narcotic, if prescribed (Percocet or Vicodin). Alternate the Ibuprofen and the narcotic every 4 hours.



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Do not take any of the above medication if you are allergic to them, or have been instructed by your doctor not to take it.

DO NOT TAKE OR ALTERNATE NARCOTICS AND TYLENOL (NARCOTICS HAVE TYLENOL IN THEM). DO NOT DRIVE OR OPERATE MACHINERY IF YOU ARE TAKING PRESCRIPTION NARCOTIC PAIN MEDICATION.

Oral Hygiene:

Oral cleanliness is essential to good healing. Clean your mouth thoroughly after each meal, beginning the day after surgery. Brush your teeth normally if possible. Rinse with warm salt water (1 teaspoon in a cup of warm water) six times a day. Continue this procedure until healing is complete.

Activity:

Keep physical activities to a minimum immediately following surgery. If you 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 light headed, stop exercising.