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INSTRUCTIONS AFTER EXPOSURE AND BRACKETING OF IMPACTED TEETH

After exposure of an impacted tooth do not disturb the wound. If surgical packing was placed, leave it alone. The pack helps to keep the tooth exposed. If it gets dislodged or falls out do not get alarmed; contact our office the next business day. If there are sharp wires or brackets that bother you small amount of orthodontic wax may be applied.

BLEEDING

Some bleeding or redness in the saliva is normal for 24-48 hours. Excessive bleeding which results in your mouth filling rapidly with blood can frequently be controlled by biting with pressure on a damp gauze pad 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 or towel filled with ice cubes on the face in the area of surgery. Apply the ice continuously as much as possible for the first 24 hours.

DIET

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

PAIN

You should begin taking the prescribed pain medication as soon as you feel the local anesthetic wearing off. For moderate pain take whatever over the counter analgesic you take for headaches etc. Ibuprofen bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 6-8 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed.

ORAL HYGIENE

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 using warm water and use softer bristles to make it more comfortable. Rinse with warm salt water (1/2 teaspoon of salt in a cup of warm water) six times a day. Continue this procedure until healing is complete.

If, after your procedure, you have any questions or concerns please feel free to contact your oral surgeon.

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