



CLINIQUE DENTAIRE Baie-des-Chaleurs

Dental Extraction

Post-Operative Advices

Optimizing healing

- Do not smoke to promote healing and avoid complications.
- Start brushing your teeth again the day after your extraction only, taking care to avoid the operated area for the first 7 days.

o After 7 days, normal hygiene measures can be resumed on a regular basis (brushing, floss, brushes). A slight bleeding may be perceived at the operated site when resuming hygiene care.

- For the first 7 days following surgery, do not chew in the area of the extraction.
- For the first 48 hours, do not use a straw, avoid very hot foods and drinks and adopt a soft diet.
- Eat nutritious food regularly on the day of surgery and the following days.

o Nutritious beverages are also available in pharmacies as supplements for the first few days. Consult your pharmacist for more details.

- It is quite normal to see an orifice (hole) in the extraction area. This hole will take a few weeks to close.
- If stitches were used, absorbable sutures were used (melting stitches); they will fall out on their own in 4 to 14 days following the surgery and do not need to be removed.
- Unless your dentist has told you otherwise, you can wear your partial and complete dentures, your bite plate and/or your orthodontic trays, if applicable.
- If there was an oro-sinusal communication during the procedure, it has been closed and you have been informed. In this case, it is imperative to avoid blowing your nose, avoid using a straw and do not strain for the next month.

Controlling the bleeding

- Chew firmly on the compress placed by the dentist at the extraction site for a minimum of 30 minutes.
- During the entire healing period, avoid touching the extraction area (fingers, tongue, objects).



- Do not engage in strenuous physical activity or exert physical force for the first 48 hours after surgery.

o You may do light activities and quiet activities such as walking are allowed.

- For the first 12 hours after the extraction, do not rinse or spit.

o You may drink cool fluids.

o Beginning the morning after your surgery, you may rinse your mouth with the prescribed mouthwash (if available) or with a salted water solution (2 teaspoons of salt in 1 liter of water).

o Do not use commercial mouthwash containing alcohol.

- Saliva may be stained with blood in the first few days after surgery. If this is not bleeding, it is normal.

o For the first few nights after surgery, it is recommended that you cover your pillow with an old towel to avoid staining it if nighttime bleeding occurs.

- If more bleeding occurs, slightly wet one of the pads provided and apply constant pressure for a minimum of 30 minutes on the bleeding area. Do not release the pressure or look at it until the 30 minutes are up. If you don't have pads, a wet paper towel or a moistened tea bag will do the same job.

o Avoid sucking, avoid spitting, keep your head upright and elevated.

o If bleeding persists despite these measures, contact us.

Pain, swelling and bruising

- Some post-operative pain is normal and can be controlled with prescribed pain medication, if necessary. If not, you can ask the pharmacist for the over-the-counter pain medication that is best for you to control the pain.

- In the first 48 to 72 hours after surgery, swelling may occur. To reduce it, gently apply ice to the face opposite the operated area for 15 minutes every hour. On the third day, the application of a warm, moist washcloth at the same frequency will help reduce the swelling.

- Bruises may appear following a dental extraction. These will change color and disappear over a period of about 7 days.

- If you have any pain that is not relieved, swelling that gets worse or persists, or bruising that concerns you, contact us.

Possible Complications

- Alveolitis

o This is the most common post-operative complication after the extraction of one or more teeth. The lower teeth, especially the wisdom teeth, are most often



affected. Alveolitis is characterized by a very intense pain at the extraction site 3 to 5 days after the procedure. This pain is often described as radiating to the ear. Bad breath regularly accompanies this complication.

- Infection

o If the area of surgery becomes hard, painful and/or warm to the touch for 5 to 10 days after the procedure, it could be an infection.

- Paresthesia

o If your lip, chin and/or tongue still feel numb the morning after your surgery, it could be paresthesia. This complication is particularly common in lower wisdom tooth extraction surgery. It can also occur following other types of surgery to the lower jaw.

- Oro-sinusal communication

o This is a possible complication following the extraction of one or more upper teeth. A communication between the maxillary sinus (located on either side of the nose) and your mouth can occur through the hole left by the extracted tooth. You will feel air coming into your mouth through this hole or liquids that you drink may seep into your nose.

Other more rare complications are also possible.

If you have any questions or suspect any of the above complications, please contact us immediately.

Have a good recovery!

