



### **After Exposure of an Impacted Tooth**

Do not disturb the wound. If surgical packing was placed, do not disturb it. The pack helps to keep the tooth exposed. If it gets dislodged or falls out, do not be alarmed.

### **Bleeding**

Some bleeding or redness in the saliva is normal for 24 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 cheek in the area of surgery. Apply the ice continuously as much as possible for the first 36 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 pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, ibuprofen (Advil, Motrin) may be taken instead of the narcotics prescribed for you. Ibuprofen bought over the counter comes in 200 mg tablets: Two to three tablets may be taken every three to four hours as needed for pain. For severe pain, the prescribed hydrocodone with Tylenol medication should be taken as directed.

### **Oral Hygiene**

Mouth 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. Rinse with warm salt water (one teaspoon of

salt in a cup of warm water) or antibacterial mouth rinse four to six times a day. Continue this procedure until healing is complete.

**Activity**

Keep physical activities to a minimum immediately following surgery. If you are considering 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

**After your procedure is completed in our office, call your orthodontist to schedule a follow-up appointment.**