

The reason you may have an extraction (tooth removed) is because:

1. There is insufficient space in your mouth for the tooth and it is or may become impacted (usual reason for removal of wisdom teeth).
2. The orthodontist requires more space to correct your bite.
3. The tooth is severely decayed beyond repair.
4. The tooth has sustained an irreparable fracture.
5. Advanced gum disease.
6. Extra teeth (supernumerary).

DIFFICULTIES & COMPLICATIONS

The tooth extraction cost varies with the difficulty of the procedure and fortunately, there are usually very few extraction complications. A tooth extraction complication is rare but when it does occur it may include dry socket, pain, infection or bleeding.

Activity

For the first 24 hours, your activity should be limited because increased activity can lead to increased bleeding. No bending over or heavy lifting for 2-3 days. Do not play any wind instruments or blow up balloons for a period of 10-14 days.

Long Term Problems

You may have a numb, tingling feeling in the area for 4-6 weeks or longer. Having a missing tooth can lead to several problems such as shifting teeth, difficulty chewing, food traps developing and malocclusion which could lead to jaw joint problems. This area will need to be restored with a fixed bridge, implant, or a denture to insure good long-term dental health.

Follow-up Appointment

You should return to the office in a week for Dr. Lawson-Myers to evaluate healing of the area. If sutures (stitches) were placed, they will be removed at this appointment.

Pain & Discomfort

Some discomfort is normal after surgery. It can be controlled by taking the pain medication Dr. Lawson-Myers has prescribed. For the best possible effects the medication must be taken as directed.

NEVER TAKE MEDICATION PRESCRIBED FOR SOMEONE ELSE.

- Taking medications to prevent problems is an important step in tooth extraction care. Antibiotics are absolutely-necessary to avoid an infection after tooth extraction.
- Start taking your prescribed medication before the anesthesia has worn off.
- Take your pain pill with an 8 oz. glass of water and a small amount of food to prevent nausea.
- During your healing process, you may have small, sharp bone fragments which will loosen and come through your gum. These are not roots. If these bone fragments are very bothersome, call the office and arrange for them to be removed.
- **Phantom Tooth Pain** – Phantom limb pain after an amputation isn't the only type of mysterious pain that puzzles doctors and worries patients. Dental patients who have a tooth extracted can have pain at the site of the extraction for months afterwards. It's the tooth-ache that won't go away, but there's no tooth there. It's not common, it affects perhaps less than one percent of dental patients. But phantom tooth pain can last for months, and can also spread beyond the extraction site to other areas of the mouth. Such phantom tooth pain may be related to changes in a person's pain threshold. Phantom tooth pain is caused by changes in surrounding nerves that can occur after some extractions. No one knows what causes these changes.



LIKE US ON FACEBOOK

fb.com/ligfamdent • www.ligfamdent.com • info@ligfamdent.com

Seymour Park Complex

2 Seymour Avenue, Suite 3

Kingston, 10

TELEPHONE

978-6103 • 978-6369 • 927-3501 • 288-9194

In an emergency please call: 850-0027

WEBSITE

EMAIL

EXTRACTIONS



A close-up portrait of a smiling woman with dark curly hair. She is wearing a light-colored top and a necklace. The background is plain white. Below her is a graphic element consisting of three overlapping semi-circles in light green, medium green, and light blue. To the right of the circles is the Liguanea Family Dental logo, which features a stylized blue and yellow leaf-like shape above the word "liguanea" and "FAMILY DENTAL".

PATIENT EDUCATION

Simply Caring,

We Put Miles in your Smiles

GUIDELINES FOR AFTER SURGERY CARE

As your mouth heals, you can promote faster healing and avoid complications by simply following these instructions.

Keep your fingers and tongue away from this area. No positive or negative pressure like blowing up balloons. Blowing your nose or sneezing violently can dislodge the blood clot and impair healing, so if you have an upper respiratory infection or allergies be sure to take the appropriate medications to treat these conditions. If you have to sneeze, pinch your nose.

Anesthetic

When a local anesthetic is used your lip, tongue and cheek will be numb for several hours after the procedure. While it is numb, it will feel "fat or heavy". During this period you must be careful not to bite, chew, pinch and/or scratch this area which can lead to serious soft tissue trauma.

Medication

Medication must be taken as prescribed. Never share prescription medication.

Control Bleeding

- Bite firmly on the gauze pack over the surgical area for, at least 1 hour. Do not chew on the gauze.
- Some blood will ooze from the area of surgery for several hours and it is normal.
- Do not spit, or suck through a straw, since this will promote bleeding.
- If bleeding persists at home, place a gauze pad or cold, wet teabag (not decaffeinated or herbal) over the area and bite firmly for 1 hour. Excess saliva and a little bit of blood may look like a lot of bleeding from your extraction site.

- Avoid rubbing the area with your tongue.
- Keep your head elevated on several pillows or sit in a lounge chair for 12 hours.
- **DO NOT: SMOKE, DRINK THROUGH A STRAW or DRINK SODA** for 24-48 hours after surgery because this will cause bleeding, pain and interfere with healing.

Rinsing

- Do not rinse your mouth or brush your teeth for the first 24 hours after the surgical appointment. Then use warm salt water (1/2 teaspoon salt in 1 cup of warm water) every 8 hours (three times a day).

Rest

- Get plenty of rest; at least 8 to 10 hours of sleep each night. Avoid strenuous exercise during the first 24 hours, and keep the mouth from excessive movement. Physical activity may increase bleeding. It is almost always best to stay home and not work for a few days after tooth extraction.

Bacterial Plaque Control

- Brush the teeth gently using a soft toothbrush (Running hot water on the bristles will make them even softer prior to brushing)

Diet

- Use a liquid or soft diet high in protein.
- Drink a large volume of water and fruit juices. Avoid drinking alcohol for the first 48 hours.
- Do not drink through a straw because this may promote bleeding.
- Avoid hot foods for the first 24 hours after surgery because this may promote bleeding.
- Eat a soft diet for the first 24 hours after tooth extraction.
- Avoid foods that require excessive chewing (such as nuts, potato chips) and avoid spicy foods. Hot spicy foods should also be avoided to prevent irritation and burns of the extraction site. Also avoid carbonated and hot beverages for 3-4 days. Avoid sticky foods like

toffee. Eating immediately following the procedure is not recommended. When the numbness has worn off, you may eat but be sure to chew on the opposite side for the first 24 hours in order to keep food away from the extraction site.

- You can resume a normal diet a day or two after the extraction (tooth removal). Eating well is an important part of tooth extraction care. The body will use the food you eat to heal the area.

Call our office if:

- You have bleeding that you cannot control by biting on gauze and/or a wet tea bag (not decaffeinated or herbal).
- You experience discomfort you cannot control with your pain medication.
- If your discomfort after the extraction increases after 72 hours (3 days).
- You have increased swelling after the third day following surgery.
- You have a fever.
- You have any questions regarding these directions or need any further clarification.

