Tooth Extraction

Twin Cities Dental offers tooth extractions. A tooth extraction is the removal of a tooth or set of teeth from your mouth. Extractions are performed for a number of reasons, including but not limited to tooth decay, room needed for orthodontic treatment, impacted or problematic wisdom tooth. Such extractions are routinely performed at Twin Cities Dental and heal fairly quickly with the proper after-care.

What should I expect to feel after my appointment?

It is typical to have small side effects and/or experiences due to today’s appointment. Some of them may include:

- Sensitivity to temperature in the area the surgery took place
- Slight swelling and pressure
- Gum and tissue soreness
- Slight discomfort
- Mild bruising

How should I take care after the appointment?

Please review the following categories of post-op instructions carefully. Refer back to this list as needed and don’t hesitate to call us with any questions or concerns.

- **Day of the appointment and next:** Do not split (use tissue and wipe mouth as needed or swallow saliva), do NOT drink from a straw, do NOT smoke, this WILL increase the chances of a socket. Remember to keep tongue and fingers away from the area where surgery took place.
- **For Bleeding:** Minor bleeding is expected after surgery but usually subsides within an hour or two post-surgery. It is also typical for discharge to release for several hours post-surgery. Upper extractions have also been known to cause nose bleeding.
  1) Keep gauze on the surgical area with mild pressure for 30-45 minutes.
  2) Once you remove gauze and still have bleeding, replace it with new, slightly wet gauze and leave it for an additional 30-45 minutes.
  3) If your efforts of replenishing your gauze every 30-45 minutes fails to stop the bleeding, call our clinic. (If our clinic is closed, go into or call your local emergency room)
- **For Swelling:** Most patients will experience some swelling after surgery in the mouth. It may be mild or severe, and is different for every patient. You can expect the swelling to increase and expand for the first 24-48 hours after your
surgery. Mild swelling can occur for several days to a week. It is also possible to experience some bruising on the face.

1) Use an ice pack wrapped in a towel on the cheek or face next to the surgical site. Keep it on for 15-20 minutes, then off for 10 minutes, and repeat until you go to sleep. Repeat this process as needed.
2) Sleep with your head elevated slightly, above the heart.
3) On the third day, change to moist heat instead of ice packs. This will bring the swelling down more rapidly.

• **EATING:** You may eat soft foods as soon as the anesthetic wears off. Do NOT chew directly on the surgical site for two days. You may resume a regular diet as soon as you feel up to it. Staying well-nourished and hydrated will expedite your recovery.

• **BRUSHING:** You may resume brushing your teeth (avoiding the surgical site) the night of your surgery. Be gentle, and do not spit or rinse forcefully. Regular, full mouth brushing can begin the second day after your surgery. Be gentle around the stitches and surgical site.

• **RINSING:** Rinsing gently with warm salt water will help expedite the healing process and can begin 2 hours after your appointment. Do NOT use any mouthwash containing alcohol for at least two days post-surgery. It is important to rinse the surgical area immediately after eating for one week.

• **MEDICATIONS:** You will most likely be given one or more prescriptions for medications. Take all medications with a full glass of water, and as directed on the bottle. Call us if you experience severe nausea, or diarrhea, or cannot swallow your pills.

What is a dry socket?
A dry socket is a hole in the bone where the tooth has been removed. After a tooth has been removed a blood clot will form into the socket as your body’s natural defense to protect the bone and nerves underneath. A dry socket is when the blood clot dissolves or dislodges itself. This leaves the bone and nerves exposed and can be very painful. Dry sockets can also lead to infection.

How can I prevent a dry socket?
You can minimize the risk of experiencing a dry socket by avoiding the following:

• Smoking
• Eating directly on the socket area
• Spitting
• Brushing or rinsing too vigorously on the socket area

*Please contact our office with any questions or concerns. We’re happy to help and give you the dental care you deserve.*

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