

EXTRACTION / ORAL SURGERY

Extraction wounds usually heal quickly and without complications if simple precautions are taken. However, these wounds should not be neglected, and they should be given certain attention. Cooperation with the dentist is important.

You should reduce your activity as much as possible for several hours after an extraction. This helps reduce bleeding and permits the formation of a clot in the tooth socket, which is necessary for healing.

COLD APPLICATIONS

Some swelling is a frequent reaction and is not cause for concern. There may also be some pain or discomfort for a while after the effects of anesthetic have worn off. Much discomfort and swelling can be prevented by application of cold to the affected side of the face immediately after surgery. Use of an ice bag or cold moist cloth for about 15 minutes of every hour, continued for several hours, may be helpful if begun soon after the operation.

RINSING THE MOUTH

The blood clot should be given time to form and should not be disturbed. Therefore, the mouth should not be rinsed during the day of the surgery. After the first day, warm salt water (1/2 teaspoonful salt in a glass of warm water) may be used to rinse the mouth gently after meals.

The mouth should be cleaned and the teeth brushed as usual. It is important to maintain these habits of oral hygiene so that the wound may heal well and not become infected.

BLEEDING

Some oozing of blood may continue for a short time after surgery and may even persist until the next day. However, if there is more than just oozing, the following procedure will help control it:

1. Take a clean gauze pad and gently swipe the blood from the mouth and from over the wound.
2. Place another clean, folded gauze pad directly in the bleeding spot.