

Dr. Uwe Esdar

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EXTRACTION:

Our goal is the prevention of tooth loss. The loss of a single tooth can have a significant impact upon your dental health and appearance. We will always take measures to preserve and maintain your teeth. However it is still sometimes necessary to remove a tooth.

Some reasons a tooth may need to be extracted:

- impacted teeth
- fractured teeth or roots
- malpositioned teeth
- orthodontic reasons
- abscess
- advanced periodontal disease
- severe decay

You have just had a tooth extracted. Adhering to the following instructions will help you get through the first few days after your extraction. Should anything occur that seems out of the ordinary, please don't hesitate to phone me.

POSTOPERATIVE INSTRUCTIONS:

- **Do not disturb the wound:** in doing so you may invite infection, bleeding or irritation. Avoid sharp things entering the wound and chew on the opposite side. Do not suck through a straw.
- **Do not smoke for a day or more:** smoking will interfere with healing and promote bleeding. Often leads to *dry socket**.
- **Brushing:** do not brush your teeth for the first 8 hours after extraction. Then brush teeth but avoid area of surgery.
- **Mouth wash:** start using prescribed mouthwash only after 24 hours. Avoid rinsing for 24 hours after extraction. This insures that the blood clot is not dislodged which can lead to a very painful *dry socket**. An intact blood clot is essential for proper wound healing. Loss of the blood clot can also cause bleeding. Do not rinse your mouth vigorously.
- **Avoid fizzy drinks.**
- **Bleeding:** the cotton roll or gauze that has been placed onto the wound after extraction can be discarded after 10 minutes. It is normal for some blood to ooze from the wound. If bleeding continues, you may fold a teabag in half and bite down on it for 20 minutes. The tannic acid in black tea reduces bleeding.
- **Pain:** discomfort is normal after surgery. Use the prescribed painkillers as directed. Start using pain killers before numbness wears off.

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- **Swelling:** this can be minimized by applying an ice pack on the face in the area of the extraction during the first 12 hours. A bag of frozen peas wrapped in a thin dish towel works well. Apply alternately, 20 minutes on, 20 minutes off.
- **Diet:** you can eat normal regular meals once the numbness has worn off. Don't bite or chew numb areas on lips, tongue and cheeks. This can cause severe trauma to these areas. Cold and soft foods, such as ice cream or yogurt are the most comfortable in the beginning. Remember to drink a lot of water.
- **Keep busy** – it distracts the mind.
- **Exercise:** Avoid vigorous exercise the first day.
- **Numbness:** in a small percentage of cases, prolonged numbness or altered sensation of an area about the mouth may be present. This is due to swelling of the nerve that supplies that area. Normal feeling usually returns in 2 weeks to six months. In rare cases it can last longer than 6 months.
- **“Dry socket”:** also called septic socket and is as a result of loss of the blood clot within the extraction socket. It is very common in smokers. Usually presents 3 days after extraction as a dull continuous ache that becomes very painful. Often leaves a bad taste. You need to make an appointment to have treatment for septic socket.