

## ***Instructions for Self-Care following the Exposure of an Impacted Tooth***

Do not disturb the wound. If surgical packing was placed, leave it alone. The packing helps to keep the tooth exposed. If it gets dislodged or falls out, do not get alarmed but please contact our office for instructions.

If a bracket was placed on the tooth to help with exposure, please leave the bracket and gold chain alone. This is what will allow your orthodontist to bring the tooth into its normal position.

### ***Bleeding***

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding that rapidly fills your mouth with blood can frequently be controlled by biting with pressure on a 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 filled with ice cubes on your cheek near the area of surgery. Apply the ice as much as possible for the first 36 hours.

### ***Diet***

Drink plenty of fluids. Avoid hot liquids or hard foods. Only consume soft food and liquids on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

## ***Pain***

For moderate pain, Tylenol, Extra Strength Tylenol, or ibuprofen (Motrin or Advil) can be taken as directed by the manufacturer's label. If you have further questions, please contact our office at 720-588-2505 to speak with an assistant or nurse.

For severe pain, take the tablets prescribed as directed. The prescribed pain medicine will make you groggy and slow down your reflexes. **Do not drive an automobile or work around machinery.** Avoid alcoholic beverages.

Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should call the office.

## ***Oral Hygiene***

Oral cleanliness is essential to good healing. Clean your mouth thoroughly after each meal, beginning the day after surgery. Brush your teeth normally if possible. Rinse with warm salt water (1 teaspoon of salt in a cup of warm water) six times a day. Continue this procedure until healing is complete.

**REMEMBER:** A clean wound heals *better* and *faster*.

## ***Activity***

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