

WY Implants and Surgical Arts
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After Exposure of an Impacted Tooth

Do not disturb the wound. If a surgical packing was placed, leave it alone. The pack helps to keep the tooth exposed. If it gets dislodged or falls out, do not be alarmed.

- **Bleeding:** Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding, which results in your mouth filling rapidly 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, a plastic bag, or towel filled with ice cubes on the cheek in the area of surgery. Apply the ice continuously as much as possible for the first 36 hours. **DO NOT APPLY COLD AFTER 48 HOURS.**
- **Diet:** Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be taken on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.
- **Pain:** You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1 or 2 tablets of Tylenol may be taken every 3-4 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed.
- **Oral Hygiene:** Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after surgery. Brush your teeth as best as you can. Rinse with warm salt water (1/2 teaspoon of salt in a cup of warm water) six times a day. Continue this procedure until healing is complete. Try to avoid pulling on the chain or messing with it at all.
 - **REMEMBER: A CLEAN WOUND HEALS BETTER AND FASTER.**
- **Activity:** Keep physical activities to a minimum immediately following surgery. If you are considering exercise, increased pain 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.