



## **PRE-OPERATIVE INFORMATION: EXTRACTION OF A TOOTH**

### **Why remove a tooth?**

A tooth is painlessly removed when there is no other option. Tooth replacement options should be considered beforehand. The surgery is done painlessly with local anesthetic and Deep Sedation is available for complete patient comfort.

### **What happens after the surgery?**

A soft diet is recommended and you will be prescribed suitable pain medication. You may be required to return for a post-operative visit 10 days later.

There is more information about this procedure on our website at [www.drcaudry.ca](http://www.drcaudry.ca)



## **POST-OPERATIVE INSTRUCTIONS: EXTRACTION**

**Discomfort:** Pain relief medication will be prescribed. Ibuprofen (600mg) every 4-6 hours and extra strength Tylenol are usually sufficient.

**Swelling:** To avoid swelling, use a cold pack on the side of the face 10 minutes on and 10 minutes off for at least the first 12 hours following surgery.

**Bleeding:** It is not unusual to have some slight bleeding. If the site continues to bleed, try to relax and gently rinse your mouth with ice-cold water. You may bite on a piece of gauze (or a moistened teabag) sustaining constant pressure for twenty minutes. Bleeding can be avoided by keeping your head elevated during the first evening, discontinuing your usual exercise regime for 1-2 days, restricting yourself to a soft diet and by avoiding smoking, which also delays healing and irritates tissues.

**Oral Hygiene:** After surgery, it is important to keep your teeth and mouth as clean as possible. **You must not rinse for 24 hours following extractions.** You should also avoid drinking with a straw or doing anything to have pressure in your mouth for 24 hours. Warm salt-water rinses (1/2 tsp in warm water) can be used several times a day – after the first 24 hours. During the first week, the non-treated areas should be brushed normally.

**Post-operative appointments:** You may be seen for a post-operative appointment 10 days following your surgery.

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