

complications and risks

DRY SOCKETS

- The lack of blood clot in the extraction socket is called dry socket.
- Dry socket's symptoms typically include a dull, throbbing pain, and foul-smelling.
- Dry socket takes a longer time for healing than usual.
- It needs pain management but antibiotics are not necessary.

PARESTHESIA (Partial Numbness)

Wisdom teeth can be positioned in close proximity to nerves. Sometimes during the process of extraction, these nerves can be bruised and damaged. As a result, numbness of lip on chin may occur. Having this condition is called 'Paresthesia'. It will recover without any special treatment. However, it may take 1 month-6 months, to recover completely.

post extraction instructions

TOOTH EXTRACTION & ORAL SURGERY

BURNABY

604 568 2211

250-3433 North Rd. Burnaby

LANGLEY

604 514 6499

103-19978 72nd Ave. Langley

COQUITLAM

604 942 5222

1412-2929 Barnet Hwy. Coquitlam

COAST MERIDIAN

604 942 1110

103-3380 David Ave. Coquitlam

NEW WESTMINSTER

604 525 1116

243-800 Carnarvon St.
New Westminster

AFTER BUSINESS HOURS

If you are experiencing ongoing bleeding and pain after extraction.

EMERGENCY TEXT 778 987 1193 (Dr. Lee)

BLEEDING

- Some amount of bleeding may occur for the **24-48 hours** after the tooth extraction.
- Keep biting on the gauze for **1 hour**. If bleeding persists, repeat this instruction using gauze or tea bag. If heavy bleeding is still present then call the surgeon right away.
- As a way of protecting the blood clot, you should avoid vigorous rinsing or spitting during the first 24 hours after your tooth extraction.
- **DO NOT** blow your nose or **DO NOT** use a straw to keep the blood clot.

SWELLING

- After lower teeth extraction facial swelling is a normal phenomenon. Swelling may last 2-3 days after the extraction.
- To reduce the swelling, place ice pack on your face for 10 minutes on & off for 2 days.

PAIN MEDICATIONS

- For moderate pain, your dentist might suggest the use of pain relievers such as acetaminophen (Tylenol) or ibuprofen (Advil or Motrin).
- For severe pain, your dentist might suggest the use of narcotic pain medication. Narcotic pain medication may cause nausea, vomiting, and drowsiness. You should limit your activities. (e.g. driving, operating machinery, etc.)

ANTIBIOTICS and MEDICATIONS

- Any antibiotics should be taken as directed.
- Maintain your routine medication as directed by your physician. (e.g. High blood pressure, diabetes, and your current medication)

MINIMIZE ACTIVITY

- The first **24-48 hours** after the extraction, you should avoid strenuous exercise and work.
- Avoid bending over or lifting heavy objects.
- We recommend a couple of days off work or exercise.
- Usually one week later you can resume the routine activities.

EATING

- Start with a soft or liquid diet.
- Your body needs energy for recovery so provide sufficient nutrition to your body.
- Even if you are difficult to chew or swallow food, encourage yourself to provide necessary nutrition for the healing.

ORAL HYGIENE

- Maintain good hygiene.
- First day of extraction, brush your teeth as much as you can. **DO NOT** skip the brushing.
- **DO NOT** rinse vigorously using mouth wash.

MINIMIZE SMOKING

- Smoking can interfere with healing.

post
extraction ●
instructions