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After Exposure

- After the exposure post-operative care is very important to reduce complications of an impacted tooth. If there is a chain with an attached wire, avoid this area to prevent it from becoming detached.
- Expect some discomfort and swelling in the area which should resolve over the next 3-5 days. Swelling is normal and varies on the extent of the surgery and patient.
- Applying ice in the first 24 hours can minimize swelling. Ice packs should be placed on the outside next to where the surgery was done. Keep the ice on for 20 min then give a 20 min rest period; repeat.
- Also, sitting upright and not lying flat on the first day will help decrease the amount of swelling.
- Bleeding varies with procedure but should not be heavy or prolonged. Call if you have bleeding concerns.
- Apply light pressure with gauze over the surgical site for 1 hour; after that replace and repeat if necessary. Leave gauze out once the bleeding has tapered off.
- Diet should start with soft foods. Avoid hot foods for the first day as they can increase swelling and bleeding. You may resume a normal diet when you feel comfortable.
- The duration of the local anesthesia varies 2-6 hours. Be careful not to bite your lips, cheek, or tongue. Move your jaw cautiously until feeling has returned.
- Avoid rinsing your mouth or spitting today. Beginning tomorrow you may rinse with warm salt water (1/2 teaspoon salt to 1 cup warm water) several times a day for the first couple of days, then rinse after meals and at bedtime for the next week.
- Take medications as prescribed. If you have any untoward effects, call the office for assistance.
- Do not pull or pick on the sutures. Most of the time we will use sutures which dissolve within 5-7 days. You will have been instructed to return if your sutures are not dissolved.
- Do not brush or floss in the area of surgery for the first 24 hours.