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CARE FOLLOWING DENTAL SURGERY

THINGS TO EXPECT:

Discomfort: The most discomfort your child will experience will be during the first two days. Freezing will generally wear off within 3-8 hours after being administered. Please keep an eye on your child to make sure she/he does not bite their tongue, lip, or cheek until the anesthetic wears off.

Swelling: Swelling or bruising is uncommon in children after dental extraction. Swelling may be minimized by the immediate use of ice or cold packs. Apply ice packs to the face for 15 minutes and then remove for 15 minutes. Repeat for the first 12 hours only. After 24 hours you can place hot packs on the cheeks alternating 15 minutes.

Bleeding: Bleeding or oozing for the first 12 to 24 hours is to be expected. Bite on gauze for 1-2 hours following surgery. If heavy bleeding continues, replace gauze until it stops. It is normal to have slight bleeding for 2-3 days following surgery; your blood saliva mixture will have a pink tint. If excessive bleeding persists, call the office.

Sutures: If stitches were required, they will generally dissolve or fall out in the next 5-10 days.

Medication: take all medications as directed. This is essential in order to control pain, prevent infection, and minimize swelling.

Diet: After the freezing wears off, fluid intake is advised. After 8 hours, a soft nutritious diet is essential for proper healing for up to one week. This would include soup, yogurt, mashed potatoes and plenty of fluids. Cool or warm foods only, nothing hot. Avoid spicy foods. If possible, chew away from the extraction site(s).

Cleaning: Keep tongue and fingers away from surgery site. Do not rinse on the day of surgery. After 24 hours, rinse with warm salt water after every meal (1tbsp/1L of water) for 7 – 10 days. Regular oral hygiene and tooth brushing should be used in areas not involved in surgery. A clean mouth heals faster.

THINGS TO AVOID:

Pressure: Avoid carbonated drinks, spitting and drinking through a straw or all other suction for 1 week after surgery. These create negative pressure in the mouth which in turn will lead to pain and delayed healing.

Activity: Avoid strenuous physical activity for 2-3 days. Physical activity increases the blood pressure and may cause renewed bleeding.

Dr. Kunal Chander Emergency Line
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