

After Exposure & Bonding of an Impacted Tooth

What To Expect

- **Bleeding:** There will be some bleeding, usually on the first day and possibly a little the second day.
- **Numbness:** You will be numb in certain areas for a time after the procedure, depending on the procedure and medication used. If your tongue or lip is numb, please be cautious about chewing food while numb.
- **Swelling:** There may be some swelling that occurs, and it will usually worsen for the first 48-72 hours before it starts to go down. There are ways to reduce this-see aftercare instructions.
- **Pain:** You should expect some pain and soreness varying from person to person. For most people 3-5 days of soreness. Please follow the prescribed pain control therapies.
- **Nausea/Vomiting:** This is rare, but some are more prone to nausea and/or vomiting.
- **Nutrition:** You may not have much of an appetite afterwards- please even if you do not feel like eating it is important to get proper nutrition, calories, and hydration for healing purposes. If you neglect this, everything becomes worse and more drawn out.
- **Questions:** If you have any questions, please call the office at 720-870-1451. We will be happy to answer any questions or concerns.
- If surgical dressing was placed, you will need to keep it clean using mouth rinse and brushing gently; otherwise try to leave it. The packing helps to keep the tooth exposed. If it gets dislodged or falls out, do not be alarmed but please contact our office for instructions.

Aftercare Instructions

- **Pain Control:** This will be patient specific dosing, but we recommend taking Ibuprofen (Motrin) combined with Acetaminophen (Tylenol) 3 times a day for at least 2 days and as needed afterward. You will either be prescribed ibuprofen or instructed to use over the counter depending on the patient's age and weight. Take the ibuprofen and Tylenol together.

IF you were prescribed a narcotic, this should only be used for breakthrough pain. It contains acetaminophen, and so a maximum of 3 tablets daily is recommended. If you find you are taking large amounts of pain medication at frequent intervals, please call our office, you may need to be seen by the doctor. Young children and those that weigh less than 100 lbs. will have different doses. All pain medications should be taken after eating to prevent nausea.

****No narcotic prescriptions will ever be sent in by phone request or over a weekend****

- **Cold Packs:** 48 hours of cold for 20 minutes on and 20 minutes off your surgical sites. You may use the wrap and gel pack provided.
- **Brushing/Oral Care:** Do not forget to brush your teeth! Keep your mouth/surgical site clean. The cleaner the mouth/surgical area, the less chance of infection. Brush lightly in a small circular motion, especially at surgical site.
- **Mouth Rinses:** Keeping your mouth clean after surgery is essential. After 24 hours, please begin to use a mouth rinse that is alcohol free and will kill germs, swishing for at least 30 minutes twice daily.
- **Diet:** Your tongue and lips may still be numb, so it is advised to confine the first day's intake to liquids or pureed foods (puddings, yogurt, milk shakes, warm soup, etc.). Avoid any straws, as well as extremely hot foods and liquids. It is best to avoid foods like nuts, seeds, popcorn, chips until healed (usually 2 weeks). These may get lodged in the socket areas. Also avoid acidic juices and sodas for the first few days. Over the next several days, you may gradually progress to more solid foods (eggs, mac-n-cheese, spaghetti, soft/tender meats, etc.) See the "List of items to purchase before surgery sheet" that was given to you in your folder at the consultation appointment. It is very important to not skip any meals and drink plenty of water! A high calorie, high protein intake is very important, and if taken regularly you will feel better, gain strength, have less discomfort, and heal faster. If you are diabetic, maintain your normal eating habits or follow instructions given by your doctor.
- **Physical Activity:** Keep physical activities to a minimum immediately following surgery. If you exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Please avoid any strenuous activity for 1 week after your procedure.