

Northgate Dental Clinic

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Dr. Dean Zimmer and Dr. Eric Knouse

Post-Operative Instructions following Surgical Procedures and Extractions

- Bite firmly on a gauze pad (or moist tea bag) and change gauze every 20 to 30 minutes until bleeding is minimal.
- Apply an ice pack to the area as necessary – 10 minutes on, 10 minutes off.
- Do not smoke for 24 hours (as this will dissolve the clot that is forming and hinder healing).
- Do not stick your tongue, finger, toothbrush, or toothpick into the extraction site (as this will dislodge the clot that is forming).
- Do not use a drinking straw for 24 hours (as this will dislodge the clot that is forming).
- Do not spit vigorously (as this will dislodge the clot that is forming).
- Do not eat or drink any hot or spicy food items for 24 hours.
- The next day following the surgery, keep the area as clean as possible (brush and rinse gently around the extraction site).
- If any medication or rinse is given, follow directions carefully.
- If no medication is given and you are experiencing discomfort, an over the counter pain medication that you are familiar with should relieve the discomfort.
- The following days, gently rinse with a warm salt water solution.
- Rest and relaxation is vital to good healing. Do not participate in any strenuous activity for a few days.
- Nutrition is important to the healing process. Employ a soft diet for a few days. Increase fluid intake for several days following the surgery.
- If you have any questions or concerns, please call the office: 306 775 2737

Post-Operative Expectations following Surgical Procedures and Extractions

- Discomfort
- Swelling (may take 3 days to reach its maximum, and then start to subside)
- Bruising
- Taste of blood for 24 hours
- Sharp and rough edges of bone at the extraction site (with bone slivers in gums – months)
- Dry socket infection (sometimes following wisdom teeth extractions)