



## ADVICE AFTER A TOOTH EXTRACTION OR MINOR ORAL SURGICAL PROCEDURE

Dear patient,

First and foremost, we want to thank you for placing your trust in us for your tooth extraction or minor oral surgical procedure. We understand that this is an essential step for your oral health, and we would like to inform you about what to expect after the treatment so that your concerns are alleviated, and the healing process proceeds smoothly.

### 1. Normal Healing:

After the tooth extraction or minor oral surgical procedure, the healing process begins. It is normal to experience some discomfort, but this should gradually diminish in the days following the treatment. The total healing time may vary, but it usually takes several days to a week before you start feeling normal again.

### 2. Advice Immediately After the Treatment:

- 🍃 Bite down firmly on the gauze placed on the wound for 30 minutes to prevent bleeding. Replace the gauze if necessary.
- 🍃 Avoid rinsing your mouth in the first 24 hours after the procedure to avoid disturbing the blood clots.
- 🍃 Refrain from consuming hot beverages and food on the day of the treatment, as this may increase bleeding.
- 🍃 Do not smoke or consume alcohol, as it can slow down the healing process.

### 3. Oral Hygiene:

Maintaining good oral hygiene is crucial to prevent infections, but be cautious around the treated area:

- 🍃 Gently brush your other teeth, avoiding the treated area.
- 🍃 Rinse your mouth with a saltwater solution (dissolve one teaspoon of salt in a glass of lukewarm water) after the first 24 hours, but do not rinse too vigorously.
- 🍃 After 24 hours, you can gently brush the wound and stitches with a soft hand toothbrush.

### 4. Anesthesia:

The anesthesia used during the procedure may last 2-4 hours. Be careful not to chew on your cheek or lip to avoid injuring yourself without feeling it.



### **5. Pain:**

Some degree of pain and discomfort is normal after a tooth extraction or surgical procedure. If no pain medication has been prescribed, you can use paracetamol to alleviate the pain. Pay attention to the dosage and follow the instructions on the packaging. Do not take aspirin or anti-inflammatory drugs unless otherwise prescribed.

### **6. Stitches:**

We use self-dissolving stitches, meaning they will naturally dissolve after approximately 2 weeks. You don't need to worry about removing them, as this process occurs on its own. However, if we used non-dissolving stitches, we will schedule an appointment to remove them at the appropriate time.

### **7. Bleeding:**

Some bleeding is normal after a procedure. If you notice that the bleeding increases or persists, bite down firmly on a clean gauze for 30 minutes. If bleeding continues, please contact us.

### **8. Swelling:**

Swelling around the treated area is normal and may last for a few days. You can use an ice pack to reduce swelling (do not apply directly to the skin).

### **9. Limited Mouth Opening:**

You may experience limited mouth opening after the procedure. This is usually temporary and will gradually improve as the healing progresses.

### **10. Diet:**

Eat soft foods during the first few hours after the procedure. Avoid consuming hot, hard, spicy, or sticky foods that could disrupt the healing process. Gradually, you can return to your regular diet when you feel comfortable doing so.

If you have any concerns or questions during your recovery, please do not hesitate to contact us. We are here to support you and ensure that your healing process goes as smoothly as possible.

Sincerely,

Pure Care Tandartsen