



DAVID H. KLEKAMP, DDS, P.C.

---

6000 E. EVANS AVENUE, 1-130  
DENVER, COLORADO 80222-5406  
(303) 759-2807 ▲ FAX (303) 759-5853  
info@klekampdentist.com

## **NOW THAT THE SURGERY IS OVER THE TOOTH IS OUT – BUT . . .**

A tooth – especially a molar – is a stubborn and well installed structure; after all, it was designed to last a lifetime – and it firmly resists being removed. As a consequence, some bleeding from the socket and gum, and some pain and swelling in the surrounding jaw area are almost unavoidable after extractions.

Uncomfortable and unsightly aftereffects can be minimized, sometimes almost completely prevented, by taking the steps outlined here. Read them carefully, and follow all of your dentist's instructions exactly for a prompt and comfortable recovery.

### **RIGHT NOW . . .**

Continue to keep a moderately firm, steady pressure on the socket by biting down on the gauze pad placed there by your dentist. This should be continued for at least one hour, or until the bleeding has just about stopped. Some slight bleeding may be noted for several hours, but you shouldn't see too much after the first hour using this pressure method.

### **AS SOON AS YOU GET HOME . . .**

1. Take one of the capsules prescribed for pain. This will help prevent the pain, which usually begins as the anesthetic wears off. Your dentist will tell you how often medication for pain should be taken to continue pain control.
2. Prepare an ice bag, or, if you don't have one, fill a double plastic food bag with crushed ice and tie it closed. Wrap a soft, dry cloth around it to prevent skin damage.

### **THE NEXT FEW HOURS . . .**

1. Apply the ice bag to your jaw over the extraction site intermittently. About 10 minutes on and 10 minutes off. You'll probably find it most comfortable to lie down while you do this, with the operated side uppermost. Drain out water and add more ice periodically to keep it cold. The combination of cold and rest will help minimize bleeding and swelling, as well as pain.
2. **No rinsing, no spitting, no smoking or any sucking action.** Avoid eating, drinking and talking (as much as possible) for the first two or three hours. Also, do not brush your teeth.

Any of these activities may tend to loosen the blood clot in the socket and start bleeding. Just rest, continue to exert biting pressure, and use the ice bag.

### **TONIGHT AND TOMORROW . . .**

- 1.** Take your meals at the usual times, and eat what you usually eat, except for very tough, hard, or chewy foods. Chew on the side opposite the site of surgery. Drink plenty of liquids – water, milk, and fruit juices at and between meals.
- 2.** Continue to take the prescription for pain as directed by your dentist. Continue to use an ice bag off and on if swelling is present, or if you find it helps relieve pain.
- 3.** The day after tomorrow gently rinse your mouth out with warm salt water three or four times a day, using  $\frac{1}{4}$  teaspoon (pinch) of salt dissolved in an 8-ounce glass of warm tap water. This serves to remove food and debris from the socket area, and helps prevent infection.
- 4.** Gentle tooth brushing, avoiding the surgical site, may also be started tomorrow, and performed twice daily with your usual toothpaste and toothbrush.

### **AFTER 24 HOURS . . .**

By this time tomorrow, if you've used the methods described, most of your discomfort should be gone, and you will probably be able to resume most of your usual activities. Any swelling you may have should be about the same or starting to go down. Bleeding should have stopped completely, and pain should be improving. If it persists, check with your dentist about continuing with medication for pain.

### **MOST IMPORTANT OF ALL . . .**

If for any reason you are worried about the condition of your mouth, or if any unexpected development should cause concern, please call this office for further instructions or treatment. If after hours, call me at home, 303-794-7227.