
Exposure of Impacted Teeth After Surgery Instructions

SURGERY SPECIFIC INSTRUCTIONS

- If you have a gold chain attached to the exposed tooth, be sure to treat it with a lot of care.
- Ensure you have an **appointment booked with your orthodontist within 1-2 weeks of the procedure** so that they may begin to engage the tooth.
- Be sure to **call our office if the chain comes off**.
- **Do not play with the chain, pull or poke at it**, to avoid possibly dislodging the chain.
- Cautery may have been used during your procedure. The tissues will appear black but will pink up over time.
- A dressing may have been placed over the surgical site. The dressing will remain in place until your follow up with your orthodontist. If the dressing falls out before then, please give our office a call.

DIET

- Diet is more limited for a short time after surgery. Some ideas include soups, pasta, noodles, eggs, pudding, ice cream, yogurt, juice, milkshakes, pancakes, or anything soft that you can tolerate. Your surgical team will direct you on how long to continue with your soft diet.
- **Chew on the opposite side** of the exposure to avoid dislodging the chain.
- **Avoid sticky foods** (ex. gum, candies), or **anything that requires biting into** (ex. apples, carrots).

PAIN MANAGEMENT

- Alternate between an anti-inflammatory medication (ex. Ibuprofen, Naproxen) and a Tylenol based medication (ex. Tylenol or Tylenol #3). **Ibuprofen → 3hrs → Tylenol → 3hrs → Ibuprofen → etc.**

BLEEDING/BRUISING

- Bleeding is normal and expected. **Bite firmly on the gauze pads, changing them every 30 minutes** until the bleeding stops. If bleeding persists, bite firmly on a wet black tea bag for 45-60 minutes – if it does not resolve after this, call the office for guidance.
- For the first 24 hours, do not rinse or spit, and avoid sucking through a straw.
- Bruising may occur and varies between patients. It may travel down the neck and collect at the chest.

SWELLING

- Swelling is expected and will continue to peak up until the 48-hr point and can take 2 weeks to resolve.
- Use **ice packs 20 minutes ON, then 20 minutes OFF for the first 48 hours**. After 5 days you may begin to start using heat packs.

WOUND CARE

- **Brush teeth and gums in the evening**, being gentle overtop of the surgical sites.
- **Rinse your mouth with the prescribed mouth rinse 3-4 times a day.**
- The day after the procedure, **begin to gently rinse your mouth with warm salt water (½ tsp of salt in 1 cup of water)** after meals and at bedtime.

ACTIVITIES

- **DO NOT smoke or vape for 2 weeks following surgery.**
- Strenuous exercise should be avoided immediately following surgery. Your surgical team will direct you on how long to avoid strenuous exercise.
- **Avoid any contact sport** in which you could get hit in the face for **2 weeks**.

STITCHES

- If sutures were placed, they **will dissolve on their own**.

NUMBNESS

- Numbness from the local anesthetic is temporary and will wear off in 2-4 hours. Take care not to bite your lips, cheeks, or gums.

RETAINER USE

- If your orthodontic retainer fits and is not painful it may be kept in. Do not leave your retainer out for more than 2 days post-op.

GENERAL ANESTHETIC & IV SEDATION

- **Do not drive, operate heavy machinery, or sign legal documents for 24 hours post-surgery. You should not be left alone for 24 hours following surgery.**
- Muscle pain and generalized soreness can occur following surgery and may last for 2-3 days.
- You may experience a sore throat and nose bleeds throughout the day. These are common if you had a general anesthetic.

SIGNS OF INFECTION

- New onset swelling or pain
- Foul taste or odor in the mouth
- Fever
- Discharge from surgical sites

POST-OP QUESTIONS AND URGENT CONCERNS

- Your well-being is our primary concern. Should you have any questions regarding your recovery, please contact our office directly.
- A doctor is on-call 24 hrs/day, 7 days/week for any serious post-op concerns (**bleeding, uncontrolled pain, signs of infection**). In the event of more urgent concerns, call our office at your earliest convenience. If you are calling after office hours or on the weekend, the answering machine will direct you to the oral surgeon on-call.
- If you are admitted to the hospital within 10 days from your procedure, please notify us immediately.
- **If you are having a medical emergency (chest pain, shortness of breath or uncontrolled bleeding), do not delay * dial 911.**