

Post-Operative Instructions for Exposure and Bonding of an Impacted Tooth

Taking care of your mouth after your procedure is essential for a smooth recovery and to ensure the tooth can be moved into proper position by your orthodontist.



Care of the Surgical Site

▶ Do Not Disturb the Site:

A small surgical dressing or pack may have been placed to keep the tooth exposed. Do not pick at it. If the packing falls out on its own, this is usually not a problem and usually does not need to be replaced. If it does come out then it is critical to thoroughly brush the exposed tooth with a toothbrush twice a day.

▶ Keep the Tooth Exposed Clean:

If a tooth has been exposed and bonded with a bracket or chain, it's very important to gently clean that area. This helps prevent infection and aids healing.



Bleeding

▶ Normal Bleeding:

You may notice slight bleeding or a pinkish color in your saliva for about 24 hours after surgery. This is normal.

▶ Excessive Bleeding:

If your mouth feels like it's filling with blood, place a clean, damp gauze pad directly over the surgical site and bite down firmly and apply pressure with your tongue for 30 minutes. If bleeding does not improve, please contact our office.



Swelling

▶ Expected Swelling:

Some swelling in the gum and cheek area is common.

▶ Using Ice Packs:

If the exposed tooth is in your upper or lower jaw near your cheeks, apply ice packs to the outside of your face for the first 36 hours to help reduce swelling. If the tooth was exposed on the roof of your mouth, applying ice packs isn't necessary.



Diet

- ▶ **First Day:**
Stick to soft, cool, or room-temperature foods and avoid using a straw. Don't consume hot foods or drinks immediately after surgery.
- ▶ **Progressing Your Diet:**
Gradually return to your normal diet as you feel comfortable. Continue to maintain good nutrition and drink plenty of fluids.



Pain Management

- ▶ **Realistic Expectations:**
Complete absence of pain is rare. The goal is to keep discomfort manageable.
- ▶ **Medications:**
Follow our pain management guidelines. Take prescribed medications as directed. Contact us if you have questions or if pain worsens unexpectedly.



Oral Hygiene

- ▶ **Starting the Day After Surgery:**
Begin brushing your teeth gently, being careful around the surgical area.
- ▶ **Rinses:**
Use an antiseptic mouth rinse 2-3 times per day as recommended. Rinse gently with warm salt water (½ teaspoon of salt in 1 cup of warm water) several times a day to keep the area clean and reduce discomfort.
- ▶ **Keeping the Exposed Tooth Clean:**
Brush the exposed tooth and surrounding area gently but thoroughly to prevent plaque buildup and infection. This is critical for proper healing and to ensure the tooth can be moved into position by your orthodontist.



Activity

- ▶ **Physical Activity:**
Limit strenuous activities for the first few days, especially if you feel throbbing in the surgical area or if bleeding increases with exercise.
- ▶ **Nutritional Considerations:**
Your calorie intake may be lower for a short period. Avoid intense physical activities that may leave you feeling weak or lightheaded.

If you have any questions or concerns, or if you experience worsening pain, continued bleeding, or other unexpected symptoms, please contact our office. Following these instructions will help ensure a smooth, healthy recovery.

