

If you presented to your dentist with an infection in your tooth which formed a pocket of pus (a collection of bacteria and infection fighting cells also known as an “abscess”), your dentist may have had to drain the infection in order to prevent worsening of the infection, reduce your pain, and help you to better heal. These instructions will provide you important information to consider following the procedure.

1. A small amount of bleeding is to be expected following the operation. Place a gauze pad between your cheek and the tooth and maintain the pressure. Replace every 30 minutes as needed. Expect some oozing for the first 24 hours
2. Apply warm compress to the outside of your face. Cold icepacks may delay healing from infections and should be avoided.
3. Gently massage the outside of your face where you may have swelling. This may help the infection drain and speed your healing. Swelling may increase for a few days after your surgery before getting better.
4. Stick with soft foods and avoid crunchy foods that may get stuck in your surgery site. Avoid foods that are too hot as this may promote bleeding.
5. Take your antibiotics as prescribed until they are gone, even if your swelling has gone down. Stopping your antibiotics too early may increase your risk of having the infection return. You may want to eat a cup of yogurt every day to minimize the chance of diarrhea.
6. Take your pain relievers as needed as prescribed by the doctor
7. Brush all your teeth twice per day with a soft toothbrush, making sure to keep your mouth as clean as possible.
8. Starting one day after surgery- gently rinse your mouth with warm, saltwater (1/2 tsp of salt in 8 oz warm water) twice per day.
9. Consider sleeping with your head elevated which may help reduce swelling.
10. Avoid smoking for as long as possible following surgery. The use of tobacco delays healing and may lead to other complications.

When should I call my dentist? Call your dentist immediately if:

1. Your symptoms get worse. If your symptoms include difficulty breathing or swallowing due to swelling, go to the Emergency Room immediately.
2. Your mouth is bleeding and unable to be stopped with gauze pressure for more than 24 hrs.

Should any difficulties or questions arise, do not hesitate to text or call our office at (281) 961-0961