



Post-Op Instructions – Exposure and Bonding of an Impacted Tooth

BE GENTLE WITH THE SURGICAL SITE: For the first several days, be gentle with the surgical area to allow proper healing. Mild soreness, swelling, and slight bleeding are normal. Avoid touching the area with your fingers or tongue. If an orthodontic attachment (button or chain) was placed, do not pull, play with, or attempt to move it. Avoid hard, crunchy, or sticky foods that may irritate the area or loosen the attachment.

BLEEDING: A small amount of bleeding or oozing is normal during the first 24 hours. If bleeding occurs, place clean gauze over the area and apply gentle pressure for 20–30 minutes. Contact our office if bleeding is heavy, persistent, or does not improve with pressure.

PAIN: Some discomfort is expected after surgery. Take pain medication as directed, preferably before the numbness wears off. If prescription pain medication is provided, take it with food if needed to reduce stomach upset. Avoid alcohol and driving while taking medications that may cause drowsiness.

SWELLING: Swelling is common and may increase during the first 48–72 hours before improving. Apply an ice pack to the outside of the face for the first 24 hours (15 minutes on, 15 minutes off). Wrap the ice pack in a towel to protect your skin.

NUMBNESS: Local anesthesia may last several hours. Avoid biting your lips, cheeks, or tongue until normal sensation returns.

ORAL HYGIENE: Brush your teeth gently, avoiding the surgical site on the day of surgery. Beginning the day after surgery, gently brush around the area and rinse with warm salt water after meals: (½ teaspoon salt mixed with 8 ounces of warm water). If prescribed, use your medicated mouth rinse as directed.

DIET: Eat soft foods for the first several days or as tolerated.

Examples include:

- Yogurt
- Applesauce
- Mashed potatoes
- Eggs
- Pasta
- Soup (cooled to a warm temperature)
- Smoothies (avoid using a straw if instructed)

Avoid: hard, crunchy, sticky, spicy, or sharp foods that may irritate the area or damage the orthodontic attachment. Drink plenty of water and maintain a balanced diet.

SMOKING AND ALCOHOL: Avoid smoking, vaping, and tobacco products, as they delay healing. Avoid alcohol for at least 48 hours and while taking prescription pain medications.

SUTURES: If sutures were placed, do not pull or attempt to remove them. Most sutures dissolve on their own within 1–3 weeks.

ACTIVITY: Rest on the day of surgery. Avoid strenuous activity for the remainder of the day to reduce bleeding and swelling. Resume normal activities as tolerated unless otherwise instructed.

FOLLOW-UP APPOINTMENTS: Keep all scheduled appointments with your orthodontist and our office.

Please call our office if you experience:

- Bleeding that does not stop with pressure
- Severe or worsening pain not controlled with medication
- Fever or signs of infection
- Increasing redness, warmth, swelling, or drainage
- A loose or detached orthodontic button or chain
- Persistent numbness or unusual symptoms

- Difficulty breathing or swallowing
- A medication reaction such as rash, itching, or trouble breathing

Following these instructions carefully will help promote proper healing and protect your orthodontic attachment while your impacted tooth is guided into its proper position.