
EXTRACTION CONSENT

I voluntarily consent to the recommended tooth extraction of tooth # _____. I have chosen extraction over the alternatives that have been explained to me.

The extraction procedure has been fully explained, including the risks involved. I have been informed that complications might include, but are not limited to:

- ◆ pain, bruising and swelling
- ◆ other teeth, fillings and bridges could be damaged
- ◆ nerve or sinus damage causing temporary or permanent numbness of the chin, tongue, lips or face
- ◆ dry socket or healing problems which might require additional treatments
- ◆ blood pooling which might require drainage
- ◆ fragments of bone or tooth may not be removed at the time of extraction but may need to be removed in a subsequent procedure
- ◆ the jaw may be dislocated or fractured
- ◆ infection at the extraction site or elsewhere requiring additional treatment
- ◆ drug side effects or other drug reactions
- ◆ the teeth may shift in the future
- ◆ T.M.J. problems may occur in the future

I have been informed that the condition of the tooth will be worsened and that other systemic problems could develop if the extraction is not done. The consequences of non-treatment might include, but are not limited to:

- ◆ pain
- ◆ swelling
- ◆ infection
- ◆ periodontal disease
- ◆ systemic problems

Instructions for Home Care Following the Extraction (Removal) of a Tooth

- The initial healing period usually takes one to two weeks, and you'll likely experience some swelling for the first 24 hours.
- Before the procedure began, you were given an anesthetic to ensure your comfort. This anesthetic typically leaves your lips, teeth and tongue feeling numb after the appointment. For this reason, you should avoid chewing for two hours following surgery, or until the numbness has completely worn off.
- Some discomfort after the extraction is normal. An over-the-counter pain reliever, such as ibuprofen or acetaminophen, is usually sufficient. We can also give you a prescription for a stronger pain reliever, if needed.
- To avoid nausea, do not take pain medication on an empty stomach.
- You can also decrease pain and swelling by applying an ice pack -20 minutes on, 20 minutes off -for the first six hours following the extraction.
- To help decrease swelling on DAY 2 apply moist heat to the surgical area. (This can be applied in the same manor as the ice, 20 minutes on 20 minutes off.)
- A blood clot will form on the extraction site, and this clot is vital to the healing process. To keep the clot intact, avoid touching the extraction site with your tongue or fingers, do not drink liquids through a straw, and do not spit vigorously.
- Blowing your nose or sneezing violently can also dislodge the blood clot and impair healing, so if you have an upper respiratory infection or suffer from allergies, be sure to have the appropriate sinus medication on hand.
- Do not rinse your mouth the day of the surgery.
- Smoking, or allowing food particles to pack into the tooth's socket, should be avoided, as both will significantly affect the healing process.
- 24 hours following the procedure, you can rinse gently with mouthwash or a warm salt water solution (dissolve one teaspoon of salt with one cup of warm water); gently swish the solution around the affected area, and spit carefully. You should do this 2-3 times each day for the week following the extraction.

- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery.
- Once the numbness has worn off, you should eat, as nourishment is important to the healing process. Limit your diet to soft foods like yogurt, soft soups, ice cream, or soft-cooked eggs for the first 48 hours.
- Drink at least eight large glasses of water or fruit juice each day.
- Keep your head elevated with pillows to control bleeding. We will give you a supply of gauze sponges to place over the bleeding area. Change the pad as necessary, and use them until the bleeding stops completely. You can also bite gently but firmly on a moist tea bag for 20 minutes. Be sure to call our office if bleeding persists or increases.
- Be sure to brush and floss the other areas of your mouth as you would normally.
- The space left by the tooth will feel a bit strange to you at first. Eventually, new bone and gum tissue will grow into the gap left by the extraction.

Dry Socket

Dry socket is an infection in your tooth socket after a tooth is extracted. The condition usually develops when a blood clot fails to form in the socket, or if the blood clot comes loose. Dry socket occurs in approximately five percent of all tooth extractions.

Normally, the blood clot that forms after a tooth is removed promotes healing, laying the foundation for the growth of new bone tissue. When dry socket occurs, this blood clot is lost and the infected, inflamed socket appears empty -hence the name. Nerves are exposed, and sometimes the bone is visible in the empty socket.

You may not have symptoms until three to five days after the extraction. Then, the condition will manifest itself as severe pain that doesn't subside, often accompanied by what feels like an earache. You may also have an unpleasant taste in your mouth, and bad breath.

Causes & Prevention

Several things can cause the premature loss of a blood clot from an extraction site, including smoking, forceful spitting, sucking through a straw, coughing or sneezing. You should also avoid consuming carbonated or alcoholic beverages after an extraction, as these have also been associated with the development of dry socket. Also, you should:

- Keep your fingers and tongue away from the extraction site.
- Apply an ice pack to your jaw for the first 24 hours following surgery -on for 15-20 minutes, and off for 30-40 minutes -to prevent pain and swelling and stop excessive bleeding.
- Do not rinse your mouth the day of surgery. The next day, you can rinse gently with warm salt water; dissolve one teaspoon of salt in a cup of warm water. Be sure to rinse and spit gently.

Call our office right away if you notice any symptoms of dry socket. Treatment for dry socket typically includes a gentle rinsing of the socket. We then pack it with topical anesthetic and a sterile gauze dressing. You'll usually need to return to our office two to three times over a two-week time period, so we can change the dressing.