



一般拔牙後注意事項



若有其他特殊問題，無法自行處理請速到本院或來電詢問。

牙科專線：(08)832-0020、(08)832-9966轉分機3062

一、傷口照顧：

1. 請**咬紗布半小時至1小時**(上下牙齒輕咬即可，不需刻意咬緊)，咬紗布期間，口水請嚥下，不要做吐口水或漱口動作，因為這會使紗布位置移動及容易造成傷口裂開。
2. 傷口有縫合時，術後7~10天拆線。
3. 術後不要抽煙、喝酒、吃檳榔，以免影響傷口癒合。

二、服藥：



1小時後請自行拿掉紗布，同時服用一包藥(一般麻藥退的時間約3~4小時，在麻藥退之前先服用止痛藥可以減輕術後疼痛)，之後服藥時間：消炎止痛藥- 4~6小時一次，若傷口不舒服情形不影響日常生活作息，可以不用吃。

三、飲食：

若麻藥未完全退，請先服用果汁或牛奶。待麻藥完全退時才可進食。喝飲料勿用吸管，請改用杯子喝。

四、口腔照顧：

拔牙後仍需刷牙，靠近傷口部位可輕輕刷，以保持口腔清潔。



五、拔牙後偶有下列情形發生：

疼痛：麻醉劑效用消失，如有輕度疼痛，請遵醫囑服用鎮痛藥。

出血：紗布拿掉後，仍有繼續出血，可另咬消毒紗布1小時直至停止出血。

腫脹：拔牙後，**24小時內可用冰袋作局部冰敷，冰敷15分鐘休息15分鐘**，可預防傷口出血及局部腫脹，**24小時後改用熱敷**，重複進行。





Precautions after tooth extraction



1、 Wound care:

1. Please keep gauze biting for at least 0.5~1 hour (Bite extremely hard is not necessary, just keep gauze firm) ; Before gauze removal, do not spit out the saliva with blood or rinse. because it will lead to gauze loosening and the wound tearing. Just swallow it.
2. After removal of gauze, if the bleeding or oozing persisting, Keep sterilized gauze biting for another 1 hour until it stops
3. Within 24 hours after tooth extraction, local cold pack application (15 min on and 15 min off) is recommended to prevent wound bleeding and local swelling. Then changing to hot pack after 24 hours.
4. When the extraction procedure accompanied with suturing, after 7~10 days, the suture should be removed.
5. Try not to keep smoking, drinking and betel nut chewing for better wound healing.

2、 Medication:



1. Take medicine after gauze removal. (Generally the effect of anesthesia will persist around 3~4 hours ; It could help to relief post extraction pain and discomfort before the anesthesia fade out)
2. During the medication, following the drug instruction for antibiotics and analgesics. (Written on the drug bag)

3、 Diet:

If the effect of anesthesia still persists, do not eat any solid food. Instead of this, drinking milk or juice will be safer. (Prevent traumatic cheek, tongue, lips or soft tissue biting) ; Do not use straw, please drink directly from cups. (Prevent blood clot dislodge due to sucking)

4、 Oral hygiene instruction:

In order to keep good oral hygiene, the routine full mouth brushing is still necessary. However, the area near the wound should be careful and brush gently.

If there is any questions, please call to us or visit us during our working hours.



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