

Post-Operative Instructions for Incision and Drainage of an Abscess

When you visit a dentist for your tooth infection with a pocket of puss, the dentist may drain the infection to relieve you from the pain and to prevent the spreading of the infection. The formation of puss with a collection of bacteria is known as 'abscess'. If such severe dental infections are not treated promptly, they may become life-threatening.

Confirm your postoperative visit 10 days after surgery.

What are Drains?

Occasionally, drains are used post-surgery to assist faster healing. Drains resemble a piece of rubber in the form of a tube used to secure a suture. They need to be covered always with a clean gauze until the next review.

Caring Your Wound

- You should remove outer dressing only 24 hrs post-surgery. The surgical area may be covered with gauze. To remove that, you must soak the area with warm water for few minutes which will moist the gauze and allows it to remove easily. Follow doctor instructions on covering the surgical area after cleaning.
- Change the dressing daily and if it becomes moist or wet anytime.
- On instructions of the surgeon, you may shower after 24 hrs. You must not swim or perform any sports or activities that immerse your body in the water until your surgical area is fully healed.
- The formation of skin and surrounding tissue may take several weeks or months depending on your recovery.
- Until you recover from pain, don't ignore medication.
- Avoid driving till the time you are taking painkillers.
- Eat the type of food that you can tolerate. Avoid hard nuts and sticky food that may harm your surgical area.

Post-Surgery Activity Plan

You can perform routine activities as long as you are comfortable.
Avoid driving until your pain reduces fully.

Handling Constipation

- You may have a bowel movement within 3 days of surgery.
- Drink plenty of water, especially morning to overcome constipation.
- Use a suitable stool softener such as mineral oil or a laxative.

Smoking

Smoking should be completely avoided as it will only worsen your treatment. It can increase the possibilities of post-operative infection and non-healing of a surgical incision. It is advisable to give up smoking two weeks prior and two weeks post-surgery.

Contact Us If:

- You have a temperature of 100.5 degrees or higher.
- You have developed unusual symptoms at the surgery place, which may include bleeding, tenderness, etc.
- You have not urinated even after 8hrs of surgery.
- Your pain is uncontrollable with the medication.
- You are experiencing shortness of breath.