

TADs: Post-operative Instructions

There will be a metal piece protruding through the gum tissue – this is the TAD. You may experience some tenderness around the treatment site for 3-7 days. This sensitivity is similar to that of changing into a new aligner (tightness or pressure). If discomfort persists longer than one week, please contact our office. If any parts of the TAD come loose, please save them and bring them with you to your next appointment.

- Avoid rinsing, spitting, blowing your nose, or touching the wound on the day of the surgery, although you may brush your teeth, but rise GENTLY.
- A certain amount of bleeding is to be expected for a day or two following the surgery. Should you experience this, remove a piece of gauze from the package supplied, fold into a square and place over the area and press firmly for 30—60 seconds. Repeat if necessary. If bleeding continues, press a moistened tea bag on the area for 30—60 seconds (tannic acid in the tea bag helps to form a clot by contracting bleeding vessels).
- Swelling is also normal and expected, although may not become apparent until the days following the surgery. This can be minimised by applying a cold compress to the sides of the face.
- Starting tomorrow, GENTLY rinse your mouth with warm salt water (half a teaspoon of salt in a glass of boiled and cooled down water). Repeat 3—4 times daily for at least the next 3 days.
- Take Panadol for any discomfort, although ensure you eat beforehand and use only as directed. Avoid any anti-inflammatories such as Advil which inhibits orthodontic tooth movement.
- Drink plenty of fluids and soft foods, whilst avoiding hot liquids or foods. Avoid chewing foods in the area in which the TAD was placed for approximately 5—7 days.
- No smoking or alcohol for at least 48 hours.
- No vigorous exercise for at least 24 hours.
- You may continue to brush and floss in your normal routine, but we advise you to be gentle to the soft tissues where the TAD was placed for at least the first week to ensure the screw does not become loose.
- If sutures were placed, they can sometimes become dislodged. This is no cause for alarm – just remove the suture from your mouth and discard it.

When to call us:

It is normal to experience some discomfort for several days after a TAD placement, but call us right away if you have:

- Heavy or increased bleeding.

- Pain or swelling that increases or continues beyond 2 or 3 days.
- A bad taste or odour in your mouth.
- A reaction to the medication, such as a rash.

You may reach us during normal business hours, or if you have an emergency when our offices are closed, please visit the emergency department of your local hospital.