

Post Surgery Instructions

CARE FOLLOWING SURGICAL DENTAL PROCEDURES

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area.

- 1. Protection of blood clot** . . .when you leave the office, maintain gentle pressure on the extraction site by biting on a moist gauze sponge that has been placed over the surgical area for about 30 - 45 minutes. If bleeding starts up again, it can be stopped by using moist gauze again or by biting on a regular tea bag (do not use herbal), which has been gently moistened and wrapped in a piece of gauze. Keep steady, firm pressure on the area for 45 minutes. Repeat as often as needed.
- 2. Bleeding** . . .it is normal to have oozing of blood from an extraction site for **up to two** days after the extraction. Remember, a little bit of blood mixed with your saliva will look like a great deal of blood. You are not having a bleeding problem unless large clots are being produced.
- 3. Do not rinse** . . .or use a mouthwash for at least 24 hours. It is recommended after 24 hours that you rinse with warm salt water (1/2 teaspoon of table salt in 8 oz. of warm water) every 1-2 hours. The use of commercial mouthwashes during the healing period is not recommended, as the high alcohol content tends to chemically burn the surgical site.
- 4. Discomfort** . . .following dental surgery is normal. If medications have been given or prescribed, take as instructed. Should you have any discomfort, take the prescribed medication:
_____ every ____ hours for relief of severe pain, or:
_____ every ____ hours for minor discomfort relief. If it does not relieve the pain, please call the office for advice. With any narcotic, avoid all alcoholic beverages.
- 5. The toothbrush** . . .It is very important to keep your mouth clean during the healing process, so **be sure to brush your teeth during the healing time**. Brush carefully in all areas of your mouth except the surgical site, unless instructed to by the doctor or the assistant. A clean mouth heals faster.
- 6. Eating** . . .adequate food and fluid intake following dental surgery is very important. Limit foods to cool or cold items the first day. If you find that eating your regular diet is too difficult, you may supplement your diet with liquids such as Carnation Instant Breakfast.
- 7. Avoid** . . .**all strenuous activity, it can increase bleeding and swelling.**