

# BRAYDICH DENTAL

## CARE FOLLOWING DENTAL PROCEDURES

1. **PROTECTION OF CLOT:** Maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area, or by biting on a tea bag which has been gently moistened and wrapped in a piece of gauze. Keep steady firm pressure for 45 minutes. Repeat as needed.
2. **DO NOT RINSE:** Or use a mouthwash for at least 24 hours. After 24 hours, rinse with warm salt water (1tsp. of table salt in 8 oz. of warm water) every 1-2 hours is recommended. **The use of commercial mouthwashes during the first week of healing is not recommended.**
3. **DISCOMFORT:** Following dental surgery, it is normal to experience some discomfort. If medication has been given or prescribed, take as instructed.
4. **THE TOOTHBRUSH:** May be carefully used in the area of the mouth not involved by the surgical procedures. A clean mouth heals faster.
5. **EATING:** Adequate food and fluid intake following surgery and /or general extractions is most important. If you find that eating your regular diet is too difficult, you may supplement your diet with liquids such as Carnation Instant Breakfast, Ensure, or Boost.
6. **AVOID: All excessive activity, don't pick at the surgical area, don't consume liquids through a straw, avoid alcoholic beverages, and refrain from smoking until healing is well established.**
7. **SUTURES:** If they are used, please return to our office for their removal on the appointment date given.
8. **CONTROL OF SWELLING:** Gently apply ice pack to area for periods of 20 minutes on and 10 minutes off. This procedure should continue for the first 24 hours only.
9. **ALLERGIC REACTIONS:** For generalized rash, itching, call Dr immediately.

**DO NOT HESITATE TO CALL IF ANY QUESTIONS ARISE.**

**OUR PHONE NUMBER IS (330) 534-5408.**

**Dr. Rudy (330) 501-3134 or Dr. Mark (330) 750 6083.**