

CARE FOLLOWING DENTAL SURGERY

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

1. **Protections of the blood clot...** maintain gentle pressure by biting on the gauze that has been placed over the surgical area. Pressure should remain on gauze for 45-60 minutes. **DO NOT FALL ASLEEP WITH GAUZE IN MOUTH.** IF bleeding persists place a lightly moistened tea bag directly on extraction site, then place gauze over the bag and bite with moderate pressure for 30 minutes.
2. **Do not rinse...** with commercial mouthwash for at least 36 hours following extraction. The day of the extraction, rinse once before going to bed with a half inch of warm water and a pinch of salt for 10 seconds. The next and following days, rinse with salt water 4 to 5 times a day for 10 seconds. (The use of mouthwash containing alcohol is not encouraged)
3. **The toothbrush...** may be used carefully. The extraction site should be avoided. A clean mouth heals more quickly.
4. **Eating...** adequate food and fluid intake following surgery and/or general extractions is very important. Please stick to soft foods with plenty of liquids; you should supplement your diet with liquids such as Ensure.
5. **Avoid...** all excessive activity. Don't pick at the surgical area. Don't consume liquids through a straw. No alcoholic beverages and no smoking for 48 hours
6. **Control of swelling...** gently apply ice packs to the area for 3 periods of 10 minutes on, 20 minutes off. Continue this pattern every 2-4 hours for 24 hours.
7. **Allergic reactions...** generalized rash, itching, breathing difficulties etc, call the dentist immediately.
8. **Sutures (stitches):**
 - a. Were not Placed
 - b. Were placed. You will need to schedule an appointment in about 7 days for removal
9. **Pain:**
 - a. You have not been given a prescription for pain. You should not experience too much discomfort. We recommend a mixture of (1) 500 mg Tylenol (acetaminophen) with (3) 200 mg Ibuprofen (Advil) to be taken every 4 to 6 hours. IF pain is more than these drugs can control, please contact the office
 - b. You have been given a prescription for pain. You may elect to try to control the discomfort with the above mixture. If these drugs do not control the pain, please get the prescription filled and take the medication as directed.
10. **Do not hesitate...** to call if any issues with swelling or pain or any other questions arise.