

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. **Protection of blood clot...** maintain gentle pressure by biting on the gauze sponge that has been placed over 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 about 45 minutes. Repeat as often as needed.
2. **Do not rinse...** with mouthwash for at least 24 hours. Rinse once, before bed, with 4 oz. of warm water with a pinch of salt added. After day one, rinse 4 times per day with the warm salt water. (The use of mouthwash containing alcohol is not encouraged.)
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 used, carefully, in the area of the mouth not involved in the surgical procedure. A clean mouth heals more quickly.
5. **Eating...** adequate food and fluid intake following surgery and/or general extractions is very important. If you find that eating your regular diet is too difficult, you may supplement your diet with liquids such as Ensure.
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 were used, do not fail to return for their removal on the appointment date given.
8. **Control of swelling...** gently apply ice packs to area for periods of 10 minutes on, 20 minutes off. This procedure should continue for the 1st 24 hours only.
9. **Allergic reactions...** for generalized rash, itching, etc. call the dentist immediately.
10. **Do not hesitate...** to call if any questions arise.
Office: 402-556-7794.