



CARE AFTER DENTAL SURGERY

NO SMOKING-for at least 72 hours

1. Keep fingers and tongue from surgical area
2. Use ice pack on surgical area (side of face) for first 2 hours; apply ice 10 minutes on and 10 minutes off. Bag of frozen peas work well.
3. For mild discomfort take Tylenol or Ibuprofen every 4 hours. For severe pain, use the prescription given to you.
4. **DO NOT RINSE for 24 hours** after surgery
5. Drink plenty of fluids (Do Not use a straw) and avoid carbonated water (Pop).
6. If the muscles of the jaw become stiff chewing gum at intervals will help relax the muscles.
7. Diet may consist of soft foods which can be easily chewed and swallowed. No seeds, nuts, rice, popcorn, etc.
8. A certain amount of bleeding is to be expected following surgery. Bleeding is controlled by applying pressure to the surgical area for 45 minutes. If bleeding persists, moist gauze or a moist tea bag should be held firmly in the area of bleeding for 30 minutes.
9. Please do no smoke for at least 2 days after surgery.
10. Do not spit too often. If you want to spit you can just don't spit vigorously

A certain amount of bleeding, pain and swelling is normal. Reduce your activity as much as possible for several hours. Avoid unnecessary talking for the first few hours as it may hinder proper healing. Immediately following procedure, begin taking medication as directed by your doctor to minimize discomfort when the anesthesia wears off and feeling back to normal.

TO CONTROL BLEEDING

Immediately following the procedure keep light steady pressure over the gauze on surgical site. Pressure helps reduce bleeding and permits formation of a clot. Gently remove the gauze after one hour. If bleeding persists, place moist gauze and again keep steady pressure on the area for half an hour. Up to 24 hours after surgery, some oozing of blood may persist, which will stop by itself. After bleeding has stopped, cautiously resume oral hygiene.

ORAL HYGIENE IS IMPORTANT

Next morning, rinse mouth gently with a solution of one-half teaspoon of salt dissolved in a large glass of warm water (tea temperature). Repeat this after every meal or snack for seven days. Rinsing is important because it removes food particles and debris and thus helps promote healing. Brush tongue with a dry toothbrush to keep bacteria growth down, but be careful not to touch the surgical site. Resume your regular tooth brushing next morning, but avoid disturbing the surgical site.

MAINTAIN A PROPER DIET

Have your meals at the usual time. Eat soft, nutritious foods and drink plenty of liquids with meals and in between. Have what you wish, but be careful not to disturb the blood clot. Add solid foods to your diet as soon as they are comfortable to chew