

CARE FOLLOWING ORAL SURGERY PROCEDURES

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

1. **PROTECTION OF THE BLOOD CLOT.** Maintain pressure by biting on the gauze sponge placed over the surgical area, or by biting on a tea bag that has been gently moistened and wrapped in a piece of gauze. Keep steady pressure for 45 minutes. Repeat as often as necessary, but do not expect blood in the saliva for up to 48 hours.
2. **RINSING/MOUTHWASH.** Do not rinse or use mouthwash for at least 24 hours. After 24 hours, rinse with warm salt water (1/2 teaspoon table salt in 8 oz. warm water) every 1-2 hours. The use of commercial mouthwash is not recommended.
3. **EXPECTORATION.** Spitting is strongly discouraged.
4. **TOOTHBRUSH.** A toothbrush may be carefully used in the area of the mouth NOT involved in the surgical procedure. A clean mouth heals faster.
5. **DISCOMFORT.** Following dental surgery, it is normal to experience some discomfort. If medication has been prescribed, take as instructed.
6. **EATING.** Adequate food and fluid intake following surgery and/or general extraction is very important. If you find eating your regular diet is too difficult, you may supplement your diet with liquids such as Carnation Instant Breakfast etc.
7. **SUTURES.** If used, DO NOT FAIL to return to your postoperative appointment for suture removal.
8. **CONTROL OF SWELLING.** Gently apply ice packs to the area for periods of 20 minutes on, 10 minutes off. This should continue for the first 24 hours only. After the first 24 hours, apply warm compresses (wash cloths run under warm water and rung out) to the face for another 48 hours. Swelling reaches its maximum a full 48 hours AFTER surgery.
9. **AVOID.** Avoid all excessive activity. Do not pick at the surgical area. Do not consume liquids through a straw. Avoid alcoholic beverages and refrain from smoking until healing is well established.
10. **ALLERGIC REACTIONS.** If you experience generalized rash, itching, etc., call the office immediately.

CALL THE OFFICE IF... - Any questions arise.

If we are not in the office, we are available 24 hours /day through the answering service.

DIETARY INSTRUCTIONS FOLLOWING ORAL SURGICAL PROCEDURES

1. **FIRST DAY**- Milk, strained cereal, malted milk, ice cream sherbet, jell-o, junket custard, pudding, chicken or beef broth, cottage cheese.
2. **SECOND, THIRD AND FOURTH DAYS**- Soft foods may be added gradually: mashed potatoes, pureed vegetables, soft cereals, soft boiled eggs, pasta, and finely chopped meats.
3. **FIFTH DAY**- A regular diet may be gradually resumed, but avoid crackers, nuts, chips, pretzels, highly seasoned foods, citrus juices, and toast.

ABUNDANT FLUIDS- A DAILY INTAKE OF 10-15 GLASSES IS IDEAL!