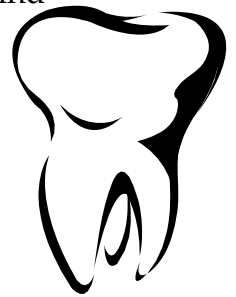


Care Following Dental Procedures

DO

- ❖ 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 approximately 45 minutes, changing the gauze every 20 minutes. This will help protect the blood clot.
- ❖ Rinse with **warm** salt water every 1-2 hours **AFTER** the first 24 hours. ½ teaspoon of table salt in 8oz. of warm water.
- ❖ Apply ice packs to area for periods of 20 minutes on and 10 minutes off, for the **FIRST** 24 hours **ONLY**. This will help control swelling
- ❖ Eat soft foods and avoid chewing in operated area. Adequate food and fluid intake following surgery or extractions is most important. If you find that eating your regular diet is too difficult, you may supplement your diet with liquids such as Boost, Carnation Instant Breakfast, etc.
- ❖ Sleep with 2 pillows to keep your head elevated.
- ❖ Return for your suture removal appointment, if needed.



DO NOT

- ❖ Smoke or drink through a straw. The sucking motion may disrupt the blood clot formation and cause dry socket.
- ❖ Drink alcoholic or carbonated beverages.
- ❖ Brush the surgical area, but **DO** brush all other areas. A clean mouth heals faster.
- ❖ Eat or drink extremely hot or cold foods.
- ❖ Rinse mouth vigorously or use a mouthwash for **AT LEAST** 24 hours following surgery.

OTHER

- ❖ **AVOID** strenuous exercise.
- ❖ **DISCOMFORT:** Following dental surgery it is normal to experience discomfort. If a medication has been prescribed, take as instructed.
- ❖ **DO NOT HESITATE TO CALL IF ANY QUESTIONS ARISE.**

