



Care Following **Surgical Procedures**

1

Protection of Blood Clot... maintain gentle pressure by biting on the gauze that has been placed over the surgical area for at least 45 minutes to an hour. If bleeding continues, replace sponge with another as provided for an additional 45 minutes.

2

Do Not Rinse... or use a mouth wash for at least 24 hours. After 24 hours, rinse with warm salt water (1/2 teaspoon table salt in 8 oz. of warm water) every 1-2 hours is recommended. The use of commercial mouth washes during the healing period is not encouraged.

3

Pain... following dental surgery it is normal to experience some discomfort. If medicine has been prescribed, take it as instructed.

4

The Toothbrush... after 24 hours, may be carefully used in the area of the mouth not involved by the surgical procedure. A clean mouth heals faster.

5

Eating... adequate food and fluid intake following surgery and or general extractions is most important. Drink plenty of fluids and supplement your diet with soft foods for 24 hours following surgery.

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 appointed date given.