

CARE FOLLOWING DENTAL PROCEDURE

- **Protection of the Blood clot:** Maintain firm pressure by biting on the gauze that has been placed over the surgical site. Keep steady pressure for 10 to 15 minutes. A second round of gauze may be applied if there is still bleeding present with clean hands by folding, moistening and applying the gauze as you were directed. Check the site and if there is no oozing present stop using the gauze as extended use of the gauze can dislodge a forming clot leading to a dry socket. Re apply moist gauze if needed. If bleeding is still present after a third application for 15 minutes you can try a moist tea bag as this has blood coagulating properties. A little bleeding/oozing is normal for the next 24 hours.
- **Activity:** Avoid all excessive activity and heavy lifting for the next 3 days and don't pick at the surgical site. Avoid placing your tongue in the extraction site as this can dislodge the blood clot needed for proper healing and could lead to a dry socket. If you experience increasing pain after several days of healing and have a bad taste these are indications that the clot might have been lost. Please contact our office.
- **Avoid:** For the next 2 days do not smoke, drink through a straw, consume soda or carbonated beverages of any kind or alcohol. Do not rinse, gargle, spit or use mouth washes for the next 24 hours.
- **Hygiene:** You may brush your teeth, taking care to be gentle around the surgical sites. However do not spit out the toothpaste, allow to gently releasing into the sink until 3rd day after treatment. Start rinsing mouth out with warm salt water (½ tsp salt in 8 oz. warm water) on day two. Use syringe if one was provided with warm water or warm salt water if you were directed in extraction sites. A clean mouth heals faster and further infection can be avoided.
- **Diet:** A soft food, high protein diet is recommended for at least 2-3 days after surgery. Examples are boost, ensure, yogurt, mashed avocados, protein powders. Soups without small pieces, pudding, mashed potatoes, etc. are ok to balance out diet. Avoid small foods such as oatmeal, rice, seeds that can make cleaning the surgical sites difficult. Also avoid anything spicy or sharp that may increase post-operative discomfort.
- **Discomfort:** It is not uncommon to have some degree of discomfort after surgeries. Take any medication prescribed as directed. Use over the counter pain meds as instructed.
- **Swelling** is expected to varying degrees after treatment. Use an ice pack or frozen pea package 20 min on, 10 minutes off throughout the first day after your procedure. For 2 days, sleep with at least 2 pillows to avoid additional swelling.
- **Sutures:** If sutures were placed, they will dissolve within 4-7 days. If after 1 week it is causing discomfort, please return to primary care dentist or oral surgeon for follow up.
- **Allergic reactions:** For generalized rash, itching, etc. discontinue use of medication and contact your dentist immediately.
- For excessive bleeding that does not stop and is bright red in nature, contact your dentist, or if after normal hours go to urgent care/emergency room.
- Do not hesitate to call if any other questions or concerns arise.