

CARE FOLLOWING DENTAL EXTRACTIONS:

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

- Protection of blood clot: 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 moistened and wrapped in a piece of gauze. Keep steady, firm pressure for 45 minutes. If there is no improvement, please contact the dental clinic to be seen.
- Do not rinse or use mouth wash for at least 24 hours. After 24 hours, rinse with warm salt water (tsp table salt in 8oz. glass of warm water) before and after each meal for 3-7 days is recommended. The use of commercial mouthwashes during the healing period is not encouraged.
- Discomfort: following dental surgery it is normal to experience some discomfort. If medication has been given or prescribed, take as instructed.
- A toothbrush may be carefully used in the area of the mouth not involved by the surgical procedures. A clean mouth heals faster.
- Eating: adequate food and fluid intake following surgery and/or general extraction is most important. If you find that eating your regular diet is too difficult you may supplement your diet with liquids such as Ensure. The high quality, nutritional value of Ensure is important for prompt healing following such procedures.
- Sutures: If sutures are used, you will be instructed if they need removal or if they are self-absorbing.
- Avoid all excessive physical activity, don't pick at the surgical area, don't consume liquids through a straw, avoid alcoholic beverages and don't smoke until healing is well established.
- Control of swelling: gently apply ice packs to the area for periods of 15 minutes on and 15 minutes off. Do this only for the first 24 hours. Problems with medications: If you have any problems with your medications, stop taking them and call the clinic, immediately.

Other Instructions: