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### Care Following Dental Procedures

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

1. 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 gently moistened and wrapped in a piece of gauze. Keep steady firm pressure for 45 minutes. Repeat as often as needed.
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 8oz. warm water) every 1-2 hours is recommended. (The use of commercial mouth washes during the healing period is not encouraged)
3. DISCOMFORT – following dental surgery it is normal to experience some discomfort. If medication has been given, take as instructed.
4. THE TOOTHBRUSH – 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. If you find that eating your regular diet is too difficult you may supplement your diet with liquids. Should you not be able to chew for several days or longer please contact the office.
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 appointment date given.
8. CONTROL OF SWELLING – gently **apply ice packs for periods of 20 minutes on 10 minutes off. This procedure should continue for the first 24 hours only. During the time frame 24 to 48 hours after your surgery, you can bring this swelling down by applying by of applying warm, moist compresses 20 minutes on 20 minutes off.**
9. **ALLERGIC REACTIONS – for generalized rash, itching, etc. please call the office immediately.**
10. DO NOT HESITATE – to call if any questions arise.

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OTHER INSTRUCTIONS