

POST-OPERATIVE INSTRUCTIONS

After care following your recent treatment is extremely important and we ask you to please review the important information below for the best post-operative care...

After Surgery:

Bite down firmly on folded gauze for 30 minutes. During that time, please change gauze in 15 minutes increments.

Drink cold water immediately after extraction which will help to stop bleeding. Allow water to drain out of your mouth DO NOT SPIT IT OUT!

Begin rinsing with warm salt water 24 hours after surgery (8 oz of water one teaspoon of salt) continue rinsing for one week after surgery. Best times to rinse are after breakfast, lunch, dinner and before going to bed.

Bloody saliva is normal for at least 48 hours after surgery. If bleeding is heavy or gushing. Apply more gauze and contact the dentist office.

ABSOLUTELY NO.....

- **No Spitting! (Allow water to drain out of your mouth for one week)**
- **No Smoking! (72 hours following extractions)**
- **No Sucking through a straw! (One week after extraction)**
- **No Alcohol or mouthwash! (One week after extraction)**
- **Do not Blow your nose! (One week after extraction)**
- **Do not allow your tongue to touch with your extraction site. Irritating the extraction bite can cause pain and bone spurs.**

Diet:

Maintain a soft diet for at least one week. Gradually eat foods that require more chewing.

(Ex: Cold soup, mashed potatoes, ice cream, yogurt, oatmeal, well cooked pasta, eggs, applesauce)

Medications:

Take all medications as instructed. During the first 72 hours please take pain medications ON TIME. Not taking the medication on time will increase pain. Set a timer to ensure you are on time with all your medication. Do not allow the anesthetic to wear off without having taken any pain medications.

Sutures:

If sutures are placed, they should dissolve in about 14 days. If not, please contact the office and we will remove them.

Dry socket can occur three to four days following surgery. The main symptom is extreme pain in the extraction site that has not healed properly. Please contact the office immediately. If the surgery department is closed, please call the office that referred you.

A reminder, that the Oral Surgery Department is open only on Wednesdays and Thursdays. If needed please call the Hudec Dental office that referred, you to us. Thank you, we are grateful for you choosing Hudec Dental for your surgical care needs.