

## Care Following Surgical Procedures

Proper care of the mouth following most 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 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. **Rinsing:** **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. **Discomfort:** It is normal to experience some discomfort after dental surgery. If medication has been given or prescribed, take as instructed.
4. **Oral Hygiene:** The toothbrush may be carefully used in the area of the mouth not involved by the surgical procedures. A clean mouth heals faster.
5. **Eating & Drinking:** 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 nutritional liquids. Foods of high nutritional value are important for prompt healing following surgical procedures. Should you not be able to chew solid foods of any nature for several days or longer, nutritional supplements are required.
6. **Things to Avoid:** 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 sutures were used, it is **imperative** that you return to the office at the given appointment time to have them removed.
8. **Control of swelling:** Gently apply ice packs to area for periods of 20 minutes on, 10 minutes off. This procedure should continue for the first 24 hours only.
9. **Allergic reactions:** For any allergic reaction such as generalized rash, itching, etc., call immediately: 732-563-0066.