

INSTRUCTIONS FOR PATIENTS AFTER DENTAL SURGERY

Proper oral hygiene after dental surgery is extremely important since good care can help the healing process and prevent later complications such as infections or dry sockets. Please read these instructions and follow them carefully for a faster, easier recovery.

1. For the first 24 hours, **DO NOT**:
 - drink through a straw
 - drink alcoholic or carbonated beverages(sodas, beer, etc..)
 - smoke
2. **If you wear dentures- leave your appliance in for the 1st 24 hours.** Use an ice pack to help keep the swelling to a minimum for the first 24 hours only. Apply the ice pack for 20 minutes, then remove it for 20 minutes.
3. Avoid extremes of hot and cold foods and liquids. Your mouth may be sensitive to drastic changes in temperature.
4. To minimize pain when eating, avoid foods that require strenuous chewing. Liquids and soft foods cause less pain and minimize the chance of damage to tender areas.
Example: soft comfort foods, puddings, mash potatoes, soups, soft bake chicken
5. If you have a gauze pad covering your incision, change it or remove it as your dentist has instructed.
6. Take the medication your dentist has prescribed for pain and apprehension only as directed. Make sure you eat prior to taking pain medications. Do not take it more often than necessary. For effective pain relief, take 400mg of Ibuprofen (2 tablets) and prescribed medication at alternating intervals every 4 hours for the first 24 to 36 hours following your appointment. If, after following this regimen, you experience no improvement, please call our office.
7. Almost all dental surgery will cause some swelling. Don't be too worried about this swelling - it should be gone or greatly reduced in three to four days. If appliances are delivered during surgery, make sure to leave them in until your post-op appointment the following day.
8. Call your dentist immediately if you begin to bleed more than a small amount. A little bleeding is to be expected, especially on the first day.
9. 36 hours after surgery, you may gently rinse out your mouth with warm salt water. Continue to rinse with warm salt water 3 to 4 times daily for one week following surgery.