



FAMILY DENTISTRY

INSTRUCTIONS FOLLOWING ORAL SURGERY

- ▶ You will be given gauze after the extraction. Leave the gauze in place for 30 to 60 minutes. You may change the gauze afterwards by folding the gauze, wetting it, and placing it over the socket and biting down firmly.
- ▶ Do not rinse your mouth until the following morning. Rinsing may dislodge the blood clot and interrupt the normal process of healing.
- ▶ In the morning, you may gently rinse with warm salt water (1 teaspoon salt in 8 ounces of warm water) after each meal and at bedtime. Avoid the use of mouthwash for 3 days after the extraction.
- ▶ Your teeth should be given their usual care, except in the region of the extraction.
- ▶ Some swelling is to be expected. It can be controlled through the use of cold packs. For the first 24 hours alternate the cold pack 15 minutes on and 15 minutes off. Heat can be used after 24 hours to promote healing.
- ▶ Limit exercise and activities for the day. Rest is recommended to avoid any excessive bleeding.
- ▶ Eat soft cold foods for the first 24 hours, such as ice cream, pudding, yogurt, cottage cheese, milk shakes, applesauce, etc. Soups and coffee/tea can be used if they are at room temperature, not warm. Avoid hot foods for 3 days, which can cause more bleeding. Also avoid spicy foods.
- ▶ Drink plenty of fluids, but avoid carbonated beverages such as ginger ale, sodas, and beer. Also avoid citrus fruits and drinks. It is not recommended that a straw be used for drinking to avoid dislodging the blood clot that is needed for healing.
- ▶ If an antibiotic has been prescribed, it is to be taken until finished as directed on the bottle. Women using birth control pills, another alternative of birth control must be utilized during this time period.
- ▶ Smoking: It is strongly recommended that you do not smoke for 3 days after your surgery due to it causing delayed healing and a painful dry socket.

If you have any questions, please call the office.

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