

## Care Following Dental Procedure

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 has been placed over the surgical area or by biting on a teabag that has been gently moistened and wrapped in a piece of gauze. Keep up steady, firm pressure for 45 minutes. Repeat as often as needed.
2. Do not rinse or use mouthwash for at least 24 hours. After 24 hours, rinsing 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 mouthwashes during the healing period is not encouraged.)
3. DISCOMFORT: Following dental surgery, it is normal to experience some discomfort. If medication has been given or prescribed, take as instructed.
4. The toothbrush may be carefully used in the areas of the mouth not involved in the surgical procedures. 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 having a high quality nutritional value (such as Carnation Instant Breakfast).
6. Avoid all excessive activity. Don't pick at the extracted area. Do not drink through a straw. Do not smoke for at least 4 days.
7. SUTURES: If sutures were used, do not fail to return for their removal.
8. To control swelling, gently apply ice packs to the affected area of the face for periods of 20 minutes on, 10 minutes off.
9. ALLERGIC REACTIONS: For generalized rash, itching, etc., call your dentist immediately or contact the pharmacy.