



## **Post-Operative Care:**

### **Instructions for Home Care**

*It is important to take care of your surgery site.*

*Please follow these instructions:*

- 1. Bite on gauze for 30 minutes** to stop any bleeding. If bleeding continues, place another gauze and continue to apply pressure.
- 2. For a least 24 hours do not:**
  - Smoke
  - Drink through a straw
  - Drink alcohol, carbonated beverages (“pop”), or hot liquids
  - Blow your nose
  - Spit excessively

Any of these things may cause the blood clot over the surgery site to dislodge from the “socket,” causing a “dry socket” and resulting in unnecessary pain. (Should this happen, call this office to see the doctor as soon as possible.)
- 3. Do maintain a soft diet** for the remainder of the day – things like warm soup, ice cream, milk shakes (remember no straws), etc.
- 4. If your pain, discomfort, or bleeding continues or worsens**, call the office for re-examination. Following the dental surgery, discomfort should be controlled by the medication prescribed. Follow the directions. If pain persists, please call our office.
- 5. If you were given medications**, take them according to the instructions. If you have pain medications at home, you may take them according to the instructions.
- 6. Do not Rinse:** Rinsing your mouth within the first 36 hours may cause dislodgement of the blood clot that is necessary for proper healing of the surgical site. Brush carefully. After 36 hours, rinse gently with warm salt water. Use a concentration of ¼ teaspoon of table salt dissolved in eight (8) ounces of warm water. Rinse gently 2-3 times per day. Using commercial mouthwashes during healing period is NOT recommended.
- 7. Avoid All Excessive Activity:** Do not do things that will raise your blood pressure. Go home, lie down, and rest. Do not disturb (pick at) the surgical site.
- 8. Sutures:** If sutures were used in your treatment, be sure to return for their removal on the appointment date given.

- 9. Oral Bandage:** If an oral bandage was placed over the extraction site, try to keep the bandage on for a least two days. When brushing your teeth, do not brush the bandage. If the bandage does happen to come off just place it back over the extraction site to protect anything for getting into the extraction.