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Contemporary Dentistry and Implantology

## CARE FOLLOWING DENTAL PROCEDURES

***PROPER CARE OF THE MOUTH FOLLOWING DENTAL PROCEDURES CAN REDUCE COMPLICATIONS AND SPEED HEALING OF THE SURGICAL AREA.***

1. Protection of the blood clot ... maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area, or by biting on a tea bag that has been gently moistened and wrapped in a piece of gauze. Keep steady firm pressure for 45 minutes. Repeat as needed.
2. DO NOT RINSE or use mouthwash for at least 24 hours. After 24 hours, you may rinse with warm salt water (1/2 teaspoon of salt per 8 oz. of warm water) every 1/2 - 1 hour.
3. Discomfort. Following dental surgery some discomfort is normal. If you have been given a prescription for pain medicine, please take it as instructed. You may try Tylenol or Ibuprofen (Advil) for minor discomfort.
4. Antibiotics. If an antibiotic has been prescribed, PLEASE TAKE AS INSTRUCTED. Do not stop unless instructed by the doctor. FEMALE PATIENTS - If you are taking birth control pills, please be advised that antibiotics may render your birth control pills ineffective for the remainder of this cycle. Please use caution!
5. The toothbrush may be used in areas of the mouth not involved in the surgery. A clean mouth heals faster.
6. Eating – Adequate food and fluid intake after oral surgery is very important. Soft foods and liquids are allowed, but do not use a straw as this could increase bleeding.
7. AVOID all excessive activity; do not pick at the surgical site; do not use a straw; avoid alcoholic beverages and refrain from smoking until healing is well established.
8. Sutures - if they were placed, do not fail to return for their removal on the appointed date.
9. Control of swelling - apply ice packs to area for 20 minutes on, and 10 minutes off for the first 24-48 hours.
10. Periodontal dressing, if placed, should remain in place until your post-operative visit. You may brush all other areas of your mouth as usual and use a dilute mouth rinse to cleanse the dressing.
11. ALLERGIC REACTIONS for generalized rash, itching, etc. call the office immediately.
12. DO NOT HESITATE TO CALL IF ANY QUESTIONS ARISE.