



CARE FOLLOWING DENTAL PROCEDURES

Proper care of the mouth following dental procedures can reduce complications and speed the 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, keep firm steady pressure. Change the gauze every 30 minutes for up to TWO hours, and then discard remaining gauze. Oozing is normal, do not place gauze into the mouth after 2 hours, allow the clot to form normally, using gauze past this period can delay clot formation and cause your site to bleed for a longer period of time.
2. DO NOT rinse or use mouth wash for at least 24 hours. AFTER 24 hours rinsing with warm salt water (1/2 tsp salt in 8 oz warm water) every 1-2 hours is recommended. (the use of commercial mouth wash during the healing period is not encouraged)
3. Discomfort: following dental surgery is normal, it is normal to experience soreness. Take medication as instructed if given or prescribed. This will help, but it is normal for the site to have discomfort for several days following the procedure.
4. A clean mouth heals faster. The toothbrush may be carefully used in the area of the mouth no involved by the surgical procedure.
5. DO NOT consume liquids through a straw, avoid carbonated drinks, no alcoholic beverages, no smoking for 24 hours. These can disrupt the normal healing and cause increased bleeding and lead to dry socket. Avoid all excessive activity, don't pick at the surgical area. Eating adequate food and fluid intake following surgery is most important. If you find that eating your regular diet is too difficult, you may supplement with liquids such as Carnation Instant Breakfast to get required nutrition, this is important for the body to have proper healing.
6. Sutures: need to be removed...do not fail to keep that appointment.
7. Swelling: for control of swelling, gently apply ice packs to the area for periods of 20 minutes on and 10 minutes off. This can be repeated for the first 24 hour period following surgery.
8. If you have an allergic reaction, rash, or itching call the office immediately. Do not hesitate to call if any questions arise, or you don't think something is going properly: 660.359.6889 or 660.359.6993.

If you have troubles breathing, CALL 911