

A. WOUND CARE

- Bite firmly on the gauze pack that has been placed until you arrive home, then, remove it gently; reapply fresh, slightly water dampened gauze as needed.
- Do not smoke, drink out of a straw, consume alcoholic nor carbonated beverages for 24 hours because
- this will promote bleeding and interfere with healing.

B. BLEEDING

- Some blood will ooze from the area of surgery and is normal; apply fresh, slightly water-dampened gauze as needed directly over the tooth socket and bite firmly for 30 minutes.
- Keep your head elevated with several pillows or sit in a lounge chair.
- If bleeding continues, apply a damp tea bag on extraction site.

C. DISCOMFORT

- Some discomfort is normal after surgery. It can be controlled, (but not eliminated) by taking the pain pills your dentist has prescribed.
- Take your pain medication with a whole glass of water and with a small amount of food especially if the medication causes nausea.
- Do not drive or drink alcohol while taking prescription pain reliever.

D. DIET

- It is important to drink a large volume of fluids. Do not drink through a straw, as this may promote bleeding.
- Eat regular meals as soon as possible after surgery. Cold, soft foods such as ice cream or yogurt may be the most comfortable for the first day.

E. ORAL HYGIENE

- Do not vigorously rinse your mouth or toothbrush area of extraction for the first 8 hours after surgery.
- After 24 hours, rinse gently with warm, salt water every 4 hours (1/2 teaspoon of salt in 8 ounces of warm water).
- Brush your teeth gently but avoid the area of surgery.

F. SWELLING

- Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.
- Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable.

G. REST

- Avoid strenuous activity for 12 hours after your surgery, including bending over at waist. Bending at knees is advisable.

H. BRUISING

- You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be cause for alarm. It will disappear in 7 to 14 days.

I. STIFFNESS

- After surgery you may experience muscle stiffness in your jaw and limited opening of your mouth. This is normal and will improve in 5 to 10 days.

J. STITCHES

- If stitches have been placed in the area of your surgery, you will need to schedule to have them removed in about 1 week.

***** CALL THE OFFICE IF:**

- You experience excessive discomfort that you cannot control with your pain medication.
- You have bleeding that you cannot control by biting on gauze.
- You have increased swelling after the third day following your surgery.
- You feel that you have a fever.
- You have any questions.