

CARE FOLLOWING SURGICAL DENTAL PROCEDURES

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area. Every consideration must be given to keep the surgical site clean.

1. **PROTECTION OF BLOOD CLOT AND BLEEDING:** If site starts bleeding, it can be stopped by using a moist gauze or by biting on a regular tea bag (do not use herbal), which has been gently moistened and wrapped in a piece of gauze. Keep steady, firm pressure on the area for 20-30 minutes. Repeat as often as needed. It is normal to have oozing of blood from the surgical site for up to two days after the procedure. Remember, a little bit of blood mixed with your saliva will look like a great deal of blood. You are not having a bleeding problem unless large clots are being produced.
2. **GENTLE RINSING** of the mouth should be started 24 hours after the surgery. Frequent gentle rinsing with Therasol should be done at least 3 times a day. You can also rinse with salt water (1/2 tsp. of salt in 8 oz. warm water). The use of commercial mouthwashes during the healing period is not recommended, as the high alcohol content tends to chemically burn the site.
3. **DISCOMFORT:** It is very normal to have discomfort after dental procedures. If medications have been given or prescribed, take as instructed. Should you have any discomfort, take the prescribed medication:

_____ every _____ hours for minor discomfort relief and to help with swelling and/or:

_____ every _____ hours for relief of severe pain

If it does not relieve the pain, please call the office for advice. With any narcotic, avoid all alcoholic beverages and it is advised to not drive while taking a pain prescription.

4. **ULTRA SOFT BRUSH:** Please begin using the red ultrasuave brush 24 hours after your surgery to cleanse and stimulate the tissue. Pour a small amount of Therasol in a cup, dip toothbrush in and use it in place of toothpaste on and around the surgical site. You can rinse with the remaining Therasol in the cup. Do not dip brush directly into Therasol bottle. Brushing will not harm the sutures. Clean area at least 3 times a day.
5. **DIET:** Following surgery it is best to restrict your diet to fluids and soft foods for the first day. A normal diet may then be resumed the following day. Soft food such as Jell-O, pudding, mashed potatoes, scrambles eggs and room temperature soups are suggested. If you have difficulty chewing, try blending foods or use diet supplements such as Carnation Instant Breakfast and Ensure. Limit foods for the first 2 days to cold/room temperature items.

6. **Avoid. . .all strenuous activity, it can increase bleeding and swelling.**
7. **NO STRAWS, NO SMOKING:** Any type of suction can disturb the blood clot and loosen sutures. Smoking also significantly lowers the body's ability to heal the site.
8. **SWELLING:** Some swelling is to be expected and is not unusual. In most instances swelling can be prevented or controlled. Peak of swelling is usually between 36 and 48 hours post operatively. Apply the ice pack that has been given to you for a period of 20 minutes on and 20 minutes off during the day for the next 2 days with or without the presence of swelling. Discontinue use of the icepack after 48 hours. The application of ice to the outside of the face over the surgical area will minimize swelling. If after three days you still have inordinate swelling or pain, please call the office.
9. **ALLERGIC REACTIONS:** If generalized rash, itching, etc. should occur, call our office immediately.

Do not hesitate to call our office if any questions arise. Our office number is 440-845-7300; or call Dr. Mark's Emergency number at 216-389-2026.