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Exceptional Dental Care for the Quality Conscious

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.

1. **PROTECTION OF BLOOD CLOT AND BLEEDING:** It is normal to have oozing of blood from the surgical site for up to two days after the procedure. If the site starts to bleed, it can be stopped by biting on a moist gauze or a regular tea bag (do not use herbal) for 20-30 minutes. You are not having a bleeding problem unless large clots are being produced.
2. **DISCOMFORT:** It is very normal to have discomfort after dental procedures. If medications have been given or prescribed, take as instructed. Recommendations are based upon your anticipated level of discomfort.

Mild: Ibuprofen _____ mg every 6 hours (Ibuprofen is also used to keep swelling to a minimum)

Moderate: Ibuprofen _____ mg AND Acetaminophen _____ mg every 6 hours

Severe: Hydrocodone 5/325mg _____ tab(s) every 6 hours (can be used on an as needed basis) along with Ibuprofen _____ mg AND Acetaminophen _____ mg every 6 hours

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

3. **ORAL HYGIENE:** Gentle rinsing of the mouth should be started 24 hours after the surgery. You can 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 can chemically burn the site.

Therasol Rinse Instructions: Pour a small amount of Therasol Rinse in a cup, dip toothbrush in and use in place of toothpaste on and around the surgical site. Do not dip brush directly into Therasol bottle. Clean the surgical area at least 3 times a day using the bottle of Therasol given to you. The size of bottle given to you is typically plenty for this purpose for about two weeks.