



Exceptional Dental Care for the Quality Conscious

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## 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 give to you is typically plenty for this purpose for about two weeks.

4. **IRRIGATION:** The importance of keeping the surgical site(s) clean is significant in the healing process. Irrigating helps remove any food or debris from the surgical sites. Fill the Monoject syringe provided with tap water and irrigate the lower surgical sites beginning on \_\_\_\_\_. Continue to irrigate three times a day.
5. **DIET:** It is best to restrict your diet to fluids and soft foods for the first day following surgery. 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 blenderizing foods or diet supplements such as Carnation Instant Breakfast or Ensure. Limit foods for the first 2 days to cold/room temperature items.
6. **Avoid all strenuous activity for the first 72 hours since 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 diminishes the body's ability to heal and increase the risk for complications such as a dry socket.
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 48 and 72 hours post operatively. Apply ice 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:** Should you develop hives or skin rash, stop the medication and call the doctor immediately. If you have difficulty breathing, call 911 and seek immediate medical attention.
10. **DENTURES:** If you have received dentures, DO NOT remove them until \_\_\_\_\_. When removed, rinse and place back in mouth immediately.

**Your follow-up post operative appointment is scheduled:** \_\_\_\_\_

**Do not hesitate to call our office if any questions arise.**

**Our office number is 440-845-7300**

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