

## Care Following Oral Surgery

1. **Proper Care of Blood Clot:** For three (3) hours, maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area. If needed, replace gauze with another as provided.
2. **Do Not Rinse** or use a mouthwash for at least 36 hours, but brush carefully. After 36 hours, rinse gently with warm salt water, using a concentration of 1/4 teaspoon of table salt in 8 ounces of warm water, two to three (2-3) times daily. The use of commercial mouthwashes during the healing period is *not* encouraged.
3. **Pain:** Following dental surgery, discomfort should be controlled by the medication prescribed. Follow the directions. If pain persists, call us at the office. Your comfort is important to us.
4. **Toothbrush:** Use it carefully but thoroughly. A clean mouth heals faster.
5. **Eating, Drinking and Smoking:** Avoid alcoholic beverages and smoking until healing is well established. Adequate food and fluid intake following surgery is important. *Do not consume liquids through a straw.* If your regular diet is too difficult, you may supplement it with liquids. Should you find yourself unable to chew solid foods of any kind, call us.
6. **Avoid All Excessive Activity:** Do not do things that will raise your blood pressure. Go home, lie down and rest. Do not disturb (pick at) the surgical area.
7. **Sutures:** If sutures were used in your treatment, be sure to return for their removal on the appointment date given.
8. **Other Instructions:**