

Instructions Following Dental Surgery

You have had some dental surgery done today and it is important to follow these directions for the best healing and minimal complications.

It is important for you to continue biting on the gauze placed in the specific location for 1 hour. This will help the blood to clot.

For the next 24 hours (to allow the clot to develop and for best healing):

Keep fingers and tongue away from the area.

Do not spit, gargle or use a straw.

Do not participate in heavy physical activity (ie: jogging, sports etc.).

Do not use your toothbrush in the surgical area today.

No smoking, tobacco or alcoholic beverages

When lying down, make sure to elevate your head slightly. You may want to place a towel on your pillow when lying down, so as not to stain your bed linens with saliva.

Starting tomorrow, 2-3 times a day, you may rinse your mouth gently with a solution of 1-2 teaspoons salt in 6 – 10 ounces of warm water. Continue this for a few days.

It is normal for the saliva to have streaks or areas of blood for a number of days. If frank bleeding is present, fold clean/sterile gauze into a firm wad and place it directly on the bleeding area. Maintain firm pressure by biting for 30 to 40 minutes. The gauze may be substituted by a warm soaked tea bag. You may have minor oozing for the next week after eating or brushing.

If you have any discomfort or pain, take whatever you normally take for a headache. The best is generally two capsules of 200mg Advil liqui-gels every 6 hours. No more than 1600 mg in a 24-hour period unless directed otherwise. If you feel you require stronger medicine, please contact our office.

Diet: It is recommended to take cold or lukewarm liquids for the first 4 to 6 hours. After this period, softer foods are recommended for the first day. Try to get on a normal/healthy diet ASAP.

Swelling and Discoloration: It is expected that you may have some swelling and discoloration in and around the areas where the surgery was performed. The swelling may increase for 6 days and then will start disappearing gradually. If desired, ice pads may be applied to the outside of the face for the first 4 to 6 hours only, alternating 10 minutes on and then 10 minutes off.

Sutures (Stitches): If required/placed, sutures will generally dissolve or fall out in the next 1 – 7 days. If the stitches are such that they must be removed at the dental office, we will tell you and will make an appointment for that.

Anesthesia (Freezing): The anesthesia will generally finish in 3 to 5 hours. If work needed to be done very close to or around the nerve, the feeling of freezing may last longer or very rarely permanently. If the feeling of numbness/tingling lasts more than a day, please contact the office.

Do not hesitate to contact the office if you have concerns or are in doubt about the instructions or your condition. If the outside of your face is red or hot to the touch you may have an infection and require antibiotics.