

CARE OF THE MOUTH AFTER SURGERY

- **Immediately following a tooth extraction keep biting down on gauze until the bleeding slows and gauze still has some white showing. Change gauze every 30-45 minutes if heavy bleeding persists. Call office with any concerns.**
- **Do not smoke, rinse your mouth vigorously, or drink with a straw for 48 hours. These activities will disturb the healing blood clot.**
- **Do not suck on extraction site.**
- **Immediately after a tooth is extracted, you may experience some discomfort and notice some swelling.**
- **To reduce swelling, place ice packs on the side of your face off and on every 20 min. for 24 hours. Then begin applying warm heat.**
- **Reduce strenuous activity for 24 hours. Including lifting and bending over.**
- **Drink plenty of fluids and maintain a liquid and/or soft food diet for a few days.**
- **Avoid alcoholic beverages and hot liquids.**
- **Brush and floss as normal being extra careful around extraction site.**
- **Starting the day following surgery, gently rinse mouth with warm salt water (½ tsp. in a glass of water) after each meal, snack, or drink other than water, continue for up to one week following surgery.**
- **Depending on your situation, medication may be prescribed to help control pain and infection.**
- **If you can take Ibuprofen, take 800mg every 8 hours. It is safe to take with the pain medication prescribed by the doctor. DO NOT take additional Tylenol.**

IF YOU HAVE PROLONGED OR SEVERE PAIN, SWELLING, BLEEDING OR FEVER, CALL OUR OFFICE.

IT IS IMPORTANT THAT YOU TAKE THE PAIN MEDICATION PRESCRIBED FOR AT LEAST THE 1ST 24-48 HOURS. PLEASE TAKE THE ANTIBIOTICS PRESCRIBED AS DIRECTED.

DURING REGULAR HOURS, CALL THE OFFICE AT (480) 659-9820