



Dental Surgery Post-Treatment Care

Dental Surgery Post-Treatment Care

After a dental surgery, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad or place a protective packing. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times.

After the blood clot forms it is important to protect it, especially for the next 48 hours.

For the next 48 hours DO NOT:

- Smoke
- Suck through a straw
- Rinse your mouth vigorously
- Blow your nose if you were instructed not to. This is very important for upper surgeries.

These activities will dislodge the clot and slow down healing

Limit yourself to calm activities for the first 24 hours, this keeps your blood pressure lower, reduces bleeding, minimizes aching, and helps the healing process. After the surgery you may feel some pain and have some swelling. You can use an ice bag (alternate 20 minutes on and 20 minutes off) to keep this to a minimum. The swelling usually begins to go down after 48 hours. Use pain medication only as directed. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Drink lots of fluids and eat only soft nutritious foods on the day of the surgery. Avoid alcoholic beverages and hot spicy foods. You may begin eating normally the next day or as soon as it is comfortable. Gently rinse your mouth with salt water three times a day beginning the day **after** the surgery (a tsp of salt in a cup of



LIMESTONE
DENTISTRY

Office 812.288.9300

Fax 812.288.9602

Address 2948 E 10th Street Ste. A

Jeffersonville, Indiana 47130

Email om.limestonedentistry@gmail.com

Web limestonedentistry.com

warm water, rinse-swish-spit gently). Rinse gently after meals, it helps keep food away from the surgical site. Resume your normal dental hygiene routine after 24 hours; this should include brushing your teeth and tongue and flossing at least once a day. This speeds healing and helps keep your breath and mouth fresh.

Call us right away if you have any of the following:

- Heavy bleeding
- Severe pain
- Continued swelling after two or three days
- Reaction to the medication

After 3-4 days you will be feeling better and can resume your normal activities.