

MCKNIGHT FAMILY DENTAL

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INSTRUCTIONS FOLLOWING ORAL SURGERY

The following suggestions are important for a smooth recovery:

1. Maintain pressure on the surgical pack for 60 minutes. The surgical area has been carefully treated and possibly sutured. Our objective is to allow a healthy clot to form in the socket before mouth fluids are allowed to contact this area. Your mouth will be thoroughly cleaned and carefully packed before you leave the office. Swallow saliva which is present.
2. Mouthwash: avoid all rinsing for at least 24 hours after operation. You may then gently use warm salt water (1/2 teaspoonful to 1 glass of water) several times daily.
3. Some swelling may occur following surgery and is usually no cause for alarm. An ice pack applied - 15 minutes on, 15 minutes off - for up to 24 hours following surgery will reduce swelling and bleeding. Hot moist packs may be applied 36 hours after surgery if there is no bleeding present.
4. Bleeding or moderate oozing can color the saliva for as long as 48 hours after surgery with no need for alarm.
5. Excessive bleeding: Make a pad of gauze, which is supplied to you in a small envelope. Hold firmly on the wound by closing the teeth or by finger pressure for 45 minutes. Following placement of pack, use ice pack on the area and stay completely quiet in a semi-reclined position. Call the office if these measures are not successful.
6. Don't suck on a **straw, spit, smoke, or probe** the surgical area. This, together with chewing solid foods, for the next 48 hours, can destroy nature's early healing processes. Protect it from disturbing forces. Smokers must refrain from smoking for as long as possible following surgery.
7. Diet: Liquids or soft foods which are nourishing should be taken during the early healing period. Soups, broth, fruit juices, puddings, custards, and mashed potatoes are some suggestions.
8. Pain: Nerve endings which are not completely protected by nature's blood clot may produce pain following the gentlest of surgeries. You may take any "over the counter" pain reliever following the directions on the bottle. If sufficient relief is not obtained, please call the office. In some cases you will be supplied with a prescription for a pain reliever and if so, use as directed.
9. Report immediately any condition that appears unusual. The removal of a tooth is a surgical procedure and it is important the patient does not exert themselves for two days following any tooth removal.