

Post Operative Care

1. **RINSE MOUTH ONCE TONIGHT BEFORE BED**– Tomorrow rinse mouth gently every 3 -4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue for 2 weeks.
2. **BLEEDING**- Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for 30 minutes. Repeat if necessary. If continues call the office.
3. **SWELLING**- Ice bag or chopped ice wrapped in a towel should be applied to operated area- 30 minutes on and 30 minutes off for 4 – 5 hours.
4. **PAIN**- For mild to Average pain use Ibuprofen 400- 600 mg ex) Advil.
5. **FOOD** –Light/soft diet is advisable during the first 24 hours.
6. **BONY EDGES** – Small sharp bone fragments may work up through the gums during healing. These are not roots; if present call the office to set up a time for their simple removal.
7. **DO NOT** smoke, drink alcohol, spit or suck through a straw for 1 week
8. If any unusual symptoms occur, call our office.
9. The proper care following oral surgical procedures will hasten recovery and prevent complications