

NOVA DENTAL CARE

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POST OPERATIVE CARE FOR ORAL SURGERY

1. **DO NOT RINSE MOUTH**

Today tomorrow rinse mouth gentle every 3-4 hours (especially after Meals) using one quarter teaspoon of salt to a glass of warm water Continue rinses for several days.

2. **Bleeding**

Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over the bleeding area and bite down firmly for one-half hour. Repeat if necessary.

3. **Swelling**

Ice bags or chopped ice wrapped in a towel should be applied to the operating area - one-half hour on and one-half hour off for 4-5 hours.

4. **Brushing**

Do not brush your teeth for the first 8 hours after surgery. After this, you may gently brush your teeth, taking care to avoid the surgery area for the first 3 days

5. **Straws**

Make sure to not use any straws for at least 2 weeks to ensure no negative pressure

6. **Oral Hygiene**

With Teeth extractions, keeping your mouth clean is essential. Return to your normal dental routine after 24 hours.

7. **Smoking**

Should be stopped completely for at least 23 days. Risk for "dry Socket" complications if you do not.

8. **PAIN**

For Mild to average pain use any non aspirin type of medication you like.

9. **FOOD**

Light/soft diet for the first 2 days. You may return to normal meals as soon as you are able to.

10. **BONY EDGES**

Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying return to this office for their simple removal.

11. **Symptoms**

If any unusual symptoms occur, call the office at once.

Suture Removal Appointment:

Step II and/or additional Appointment:



Additional Appointment:

Additional Appointment:
