



## DRIPPING SPRINGS FAMILY DENTISTRY

512-858-9250

### Care Following Dental Surgery

Protect the surgery site and blood clot. Keep pressure on site with gauze provided for 1-2 hours. Replace the gauze as necessary.

**Discomfort and Nausea:** Following dental surgery, it is normal to experience some discomfort. Take one dose of pain medication (if prescribed) within one hour following treatment with milk or fruit juice. Medication may be repeated as indicated for discomfort. If you experience nausea, this is usually due to the pain medication, and due to taking it on an empty stomach or with water only. If this occurs, stop taking the pain medication, attempt to rest until the nausea is better, and then take a product with Ibuprofen/Advil for pain if necessary and you are able to take it. Again, take with milk or fruit juice, and avoid taking on an empty stomach. If nausea persists, please call us. Do not rinse with commercial mouth rinses or hydrogen peroxide. If you wish to rinse, do so very gently so as to avoid dislodging the clot. Rinse with warm salt water only. Rinsing gently **2 to 3** times daily for the week following surgery will greatly speed the healing of the surgery site. **Control of swelling:** Gently apply ice packs to the area if necessary, for periods of **20 minutes** on, **10 minutes** off. Do this for the first **24 hours only**. Thereafter a heating pad or moist heat may be used to help. Do not use heat during the first **24 hours**.

Brushing is encouraged when carefully used in the area of the mouth not involved by the surgical procedure. Avoid the area for at least one week.

**AVOID** all excessive activity, carbonated or alcoholic beverages, smoking, or picking at the site, especially for 4 to 5 days.

**Sutures (stitches):** If they are used, they will dissolve on their own.

**Antibiotics:** If they are prescribed, take ALL antibiotics as directed until they are all gone.

**Eating:** A nutritional diet and adequate fluid intake are most important following surgery. During the first **24 hours**, eat soups and soft foods that are easily chewed and swallowed. Moderately progress to solid food.

**Pain Management:** Take 2 Advil and 1 Extra Strength Tylenol every 6-7 hours

#### REMINDERS:

- No **straws** for **4 days**
- No **spitting** or **swishing**
- **No Aspirin** for **two days**
- **Warm salt water** rinse tomorrow

Please call our office if you have any concerns.