

Proper care following a dental procedure can reduce complications and speed the healing process.

Protect an extraction site by gently, yet firmly, biting on the moistened gauze provided for at least 20 minutes with uninterrupted pressure. If bleeding persists, use another moistened gauze or clean cloth for 45 minutes, by the clock, with uninterrupted pressure (no talking). You can also use a moistened tea bag, (tannic acid in the tea helps clotting).

Do not rinse or spit with any force for a few days. This could dislodge any valuable clots, which are necessary for proper healing. A couple days after an extraction, a very gentle swishing rinse with warm salt water will be soothing and beneficial.

Eat a soft nutritious meal a few hours following the procedure. Cream soups, breakfast drinks, yogurt, custard and ice cream are all good choices. Avoid food with seeds, nuts and rough chewy foods for a week. Be sure to brush non-surgical areas 3 times per day as usual. Wait one week before brushing around surgical areas.

Take prescribed medications as directed. Protect your pillow from bloody saliva the first night with a towel. **Avoid any excessive exertion for a few days.** It could lead to discomfort, bleeding and other complications. If necessary, return to have any sutures removed on the appointment date arranged. Dissolving sutures will disappear or come out in a few days to a week.

It is normal to feel some discomfort following tooth extraction or oral surgery for a few days or even a week or more. But you can minimize this by applying an ice pack to your face over the area as soon as possible. Apply it for 10 to 15 minutes, and then repeat a few times for the first 24 hours. The ice pack will reduce swelling, which causes pain. After 24 hours apply a warm compress (moist or dry) as much as possible to encourage healing.

For dental pain, “over the counter” (non-prescription) pain medicines are effective and economical if used correctly. Adults take 3 or 4 ibuprofen (200 mg. Tablets) for a total dose of 600-800 mg. every 4 hours with 8 oz. of water or food. Ibuprofen (generic) brand names include, Advil, Nuprin and Motrin Ib. Naproxen, (generic), brand name Aleve, can be used similarly. Take 2 tablets first, then 1 tablet every 8 hours.

For severe pain, alternate ibuprofen with acetaminophen (brand name Tylenol) half way between doses. Two regular Tylenol or one “extra-strength” midway between ibuprofen or naproxen doses will complement their effect.

DO NOT TAKE ibuprofen or naproxen if allergic to Aspirin.

DO NOT TAKE ibuprofen, naproxen or Aspirin together.

Allergic reactions, such as rash, hives, itching or a throat spasm should be reported immediately.

Please do not hesitate to call if complication or questions not answered on this sheet arise.

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