



Butler Dental Group

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CARE FOLLOWING DENTAL PROCEDURES

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area.

- 1. Protection of blood clot** ... maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area, or by biting on a tea bag which has been gently moistened and wrapped in a piece of gauze. Keep steady firm pressure for 45 minutes. Repeat as often as needed.
- 2. Do not rinse** ... or use a mouth wash for at least 24 hours. After 24 hours rinse with warm salt water ($\frac{1}{2}$ teaspoon table salt in 8 oz. of warm water) every 1-2 hours is recommended. (The use of commercial mouth washes during the healing period is not encouraged.)
- 3. Discomfort** ... following dental surgery it is normal to experience some discomfort. If medication has been given or prescribed, take as instructed.
- 4. The toothbrush** ... may be carefully used in the area of the mouth not involved by the surgical procedures. A clean mouth heals faster.
- 5. Eating** ... adequate food and fluid intake following surgery and/or general extractions is most important. If you find that eating your regular diet is too difficult you may supplement your diet with liquids such as Carnation Instant Breakfast (CIB/any flavor). The high quality, nutritional value of CIB is important for prompt healing following such procedures.
- 6. Avoid** ... all excessive activity, don't pick at the surgical area, don't consume liquids through a straw, avoid alcoholic beverages and refrain from smoking until healing is well established.
- 7. Sutures** ... if they were used, do not fail to return for their removal on the appointment date given.
- 8. Control of swelling** ... gently apply ice packs to area for periods of 20 minutes on, 10 minutes off. This procedure should continue for the first 24 hours only.
- 9. Allergic reactions** ... for generalized rash, itching, etc., call dentist immediately.
- 10. Do not hesitate** ... to call if any questions arise.

OTHER INSTRUCTIONS