

Care following oral Surgery

In this article we take a look at proper care following oral surgery.

1. Proper Care of Blood Clot: For three (3) hours, maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area. If needed, replace gauze with another as provided.

2. Do Not Rinse: Do not use a mouthwash for at least 36 hours, but brush carefully. After 36 hours, rinse gently with warm salt water, using a concentration of 1/4 teaspoon of table salt in 8 ounces of warm water, two to three (2-3) times daily. The use of commercial mouthwashes during the healing period is not encouraged.

3. Pain: Following dental surgery, discomfort should be controlled by the medication prescribed. Follow the directions. If pain persists, call us at the office. Your comfort is important to us.

4. Toothbrush: Use it carefully but thoroughly. A clean mouth heals faster.

5. Eating, Drinking and Smoking: Avoid alcoholic beverages and smoking until healing is well established. Adequate food and fluid intake following surgery is important. Do not consume liquids through a straw. If your regular diet is too difficult, you may supplement it with liquids. Should you find yourself unable to chew solid foods of any kind, call us.

6. Avoid All Excessive Activity: Do not do things that will raise your blood pressure. Go home, lie down and rest. Do not disturb (pick at) the surgical area.

7. Sutures: If sutures were used in your treatment, be sure to return for their removal on the appointment date given.