



## INSTRUCTIONS FOR DENTAL SURGERY

Prior to surgery please ensure that you have a meal including protein. Do not have caffinated drinks (tea, coffee, cola).

Following extractions please observe these recommendations:

### **Bleeding:**

Leave gauze in place with biting pressure until bleeding has stopped. Do not remove gauze frequently as this tends to disturb the forming clot (every 45-60 minutes is adequate). Do not explore the extraction sites with fingers, instruments, etc. at any time. Do not blow your nose.

### **Pain:**

Take pain medication as prescribed. You can expect some discomfort from these procedures even with medication.

### **Swelling:**

Swelling is a normal response to the surgery and varies greatly according to the individual. To minimize the swelling apply ice packs to the face frequently during the first 48 hours; 20 minutes on, 20 minutes off as much as possible during waking hours. You may wish to use heat after 48 hours for increased comfort.

### **Infection:**

Occasionally infection can occur post-operatively, however this will generally not be evident during first 48 hours. A dry socket will sometimes develop after 72 hours as a result of breakdown of the clot and tends to occur most often in the lower jaw. The symptoms include increased pain radiating along the jaw and into the ear of the affected side. Contact the office if these symptoms develop. If an antibiotic has been prescribed, please take according to directions.

### **Diet:**

Drink plenty of fluids—start as soon as you are at home. Drink ice water if you find difficulty swallowing. Do not suck drinks through a straw. Eat soft, nutritious foods at a moderate temperature, i.e. milkshakes, eggnog, protein drinks, boiled eggs, soup, cooked cereal, etc. Think protein.

**No smoking, no caffeine, no alcohol for at least 72 hours.**

**No vigorous activity (heavy work, sports).**

### **Cleansing:**

After 24 hours use gentle salt-water rinses 4 times daily (1 teaspoon salt dissolved in a glass of warm water). Do not rinse vigorously; be gentle. Brush your remaining teeth as best you can.

Note: Use balm on lips immediately and frequently.