

Carefully Follow These Instructions after Dental Procedure

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

1. **Protection of the 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. **NO RINSING, NO SPITING, NO STRAWS...** or use a mouthwash for at least 24 hours. (The use of commercial mouthwashes 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 procedure. 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). The high quality, nutritional value of CIB is important for prompt healing following such procedures.
6. **Avoid** all excessive activities, 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, they will come off on their own in about 1 week.
8. **Control of Swelling:** Gently apply ice packs to surgical area for a period of 10 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.

Smiles of San Marcos, 630 Nordahl Rd Ste. D, (760) 480-1750