

Post-Operative Home Care

It is very important to take care of your surgery site. Please follow these instructions.

Bleeding -After extractions, some bleeding is to be expected. Bite on a gauze pad 30 minutes to stop any bleeding. If bleeding continues, place another gauze pad at the site and continue-to apply pressure by biting.

Precautions For at least 24 hours **DO NOT:**

- Smoke
- Blow your Nose
- Spit Excessively
- Drink through a straw
- Drink alcoholic Beverages or soda
- Drink coffee or hot beverages

Any of the above may cause the blood clot to dislodge from the surgery site creating a dry socket which will result in unnecessary pain. If this happens, call the office to see the doctor as soon as possible.

Diet Maintain a soft *diet for the rest of the day ... things like warm soup, ice cream, milk shakes, Jello etc.* Remember - NO Straws!!

Medications If you were given medications, take them according to the instructions- If you have pain medication at home, following the instructions on the label.

Pain If your pain discomfort or bleeding continues or worsens, call the office for an appointment for a re-examination.

Rinsing Do not rinse your mouth today. Tomorrow morning, start rinsing gently with warm salt water every four hours for two days. Use 1/4 teaspoon of salt in 1 cup of water.

Problems - If any unusual symptoms or problems occur, please call the office with questions

401-272-2331.

Proper home care after surgical procedures is most important. Following these instructions, will hasten your recovery and prevent complications.