

Patient Instructions After Treatment

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Extractions:

- **Do Not** rinse mouth until the following day.
- On the morning following surgery, rinse mouth with warm salt water (1/2 tsp salt to a glass of warm water) Repeat this several times a day
- Keep finger and tongue away from socket
- BLEEDING – It is normal for saliva to be slightly streaked w/ blood for 1-2 days. If abnormal bleeding occurs, place moist gauze over extraction site and bite down for 30-45 minutes.
- Following dental surgery it is normal to experience some discomfort. If medication has been prescribed, take as instructed
- SWELLING AND STIFFNESS - It is normal and should not cause alarm. Apply cold towels or ice bag for 15min of each hour as needed.
- DIET – A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluid.

Periodontal Treatment:

- For pain or discomfort you may take over-the-counter pain medication
- It is advisable to eat only soft food for the first 24 hours, and avoid any hard or spicy foods, which could cause irritation
- Drink plenty of water during the first 24 hours – at least 8 glasses are recommended
- On the morning after the treatment, rinse with warm salt water (1/2 teaspoon salt to a glass of warm water). Repeat this several times a day.
- PRESCRIPTION RINSE – If one was prescribed please use as directed.
- Brush teeth gently to help remove plaque that has started to form. We suggest using fluoridated, tartar control toothpaste.
- Don't use floss or other home tooth care products, such as toothpicks, until the day after your treatment. Begin very gently at first.
- Because it is very common for periodontal disease to reoccur, patients should have regular check-ups to monitor progress and prevent reoccurrence.

No:

- Slurping
- Straws
- Spitting
- Smoking
- Alcohol
- Carbonated Drinks

Please follow these instructions carefully and call the office if you have any questions or concerns.