

INSTRUCTIONS FOR CARE OF THE MOUTH FOLLOWING TOOTH REMOVAL AND OTHER ORAL SURGERY

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1. **DO NOT DISTURB WOUND:** In doing so you may invite irritation, infection and bleeding.
2. **BLEEDING - BE QUIET AND KEEP HEAD ELEVATED AT ALL TIMES:** Bite on the gauze placed in your mouth so you exert firm continuous pressure on the wound. Keep the gauze in place for at least sixty (60) minutes, and repeat at least twice if bleeding continues. Some bleeding following tooth removal is to be expected.
3. **RINSING:** Do not rinse mouth the first day. The day after surgery, warm salt water may be used to rinse mouth gently.
4. **SWELLING:** To aid in the prevention of swelling after extensive and difficult oral operations the application of ice packs for at least six (6) hours the first day is desirable. The ice packs should be on thirty (30) minutes out of each hour. The use of an ice bag for the first twenty-four (24) hours will do no harm and may be beneficial if you feel further swelling may occur. Maximum swelling occurs 48 hours after surgery.
5. **FOOD:** Light diet is advisable during the first twenty-four (24) hours. Drink plenty of water and juice from a glass. Avoid fatty foods.
6. **BONY EDGES:** After teeth are extracted you may feel hard, sharp projections and think they are roots. These are usually the portion of the bone which surrounds the roots. They usually disappear in a few days, but if they are annoying, return to the office for further examination.
7. If antibiotics are prescribed, be certain to continue taking them until directed otherwise.
8. Do not apply heat to the outside of the face unless you are specifically told to do so.
9. Get adequate rest. Rest and quiet facilitate healing. Strenuous activity can cause renewed bleeding for 7-10 days following oral surgical procedures will hasten recovery and prevent complications.
10. If any unusual symptoms occur call the office at once.
11. Please refrain from smoking for 24 to 48 hours. Delaying smoking will benefit healing.

DIET FOLLOWING SURGERY

1ST 24 HOURS:

- Drink cool, clear liquids
(i.e., juices, slush's, Jell-O luke-warm broth, etc.)
- ***Please Avoid:*** Milk products, carbonated drinks, acidic or pulp juices (like orange juice), hot foods or drinks, sucking on straws and smoking.
- ***With Pain Medication:*** Eat a serving of applesauce (or fruit pureed in blender), baby food, mashed potatoes or scrambled eggs.

2nd DAY AND UP TO 5 DAYS AFTER SURGERY:

Resume soft diet, which may include milk products. Please avoid foods with sharp edges, pieces or seeds (i.e. chips, crackers, popcorn, peanuts, raspberries, strawberries, etc.)