

PLEASE READ

COMFORT FAMILY DENTISTRY

Dr. Reshma Gowda

2950 E. Wattles Rd., Suite 200

Troy, MI 48085-7008

Office: (248)526-9680

smile@comfortfamilydental.com

CARE OF YOUR MOUTH AFTER ORAL SURGERY

- 1) **BLEEDING:** Some bleeding is to be expected following extractions. Bite down firmly on a damp gauze pad for 30-45 minutes to control bleeding (repeat as necessary). Persistent bleeding may be controlled by biting for 30-45 minutes on a fresh tea bag moistened in warm water. Uncontrollable bleeding should be reported to Dr. Gowda. [You may taste blood in your mouth for 2-3 days.]
- 2) **DO NOT RINSE YOUR MOUTH TODAY!** Beginning tomorrow, rinse your mouth every 3-4 hours with a solution of one teaspoon of salt to a glass of warm water, (especially after meals). Continue for several days.
- 3) **AVOID BLOWING YOUR NOSE FOR 1-2 DAYS.** If an upper tooth was removed, blowing your nose can create an opening to your sinus from the extraction site
- 3) **DRY SOCKETS:** Smoking, spitting or drinking through a straw should **NOT** be done for 48 hours. These actions will greatly delay healing and may cause “Dry Sockets” which are very painful.
- 5) **SWELLING:** Swelling is best controlled with the application of ice wrapped in a towel or an ice bag, one half hour on and one half hour off for 5-6 hours.
- 6) **PAIN:** Begin taking an over the counter type pain medication before the numbness wears off. For mild to average pain, you may use any aspirin/Tylenol type medication your prefer. If this does not control the pain, contact Dr. Gowda for a prescription.
- 7) **FOOD:** A light soft diet is recommended. Soups, milkshakes (no straw), Jell-O and instant breakfasts are good.
- 8) **REST:** Refrain from any vigorous exercise or activity for the remainder of the day.
- 9) If after a few days, swelling, discomfort or body temperature increases, contact Dr. Gowda to rule out a possible infection.
- 10) ***PRIODONTAL SURGERY ONLY:*** *We have placed a dressing (packing) over the surgical site to keep you more comfortable. This material is rather brittle and small pieces may chip off with time. Do not be concerned unless very large pieces come off, or unless you begin to feel discomfort near the broken edges. The dressing is left on for one week and may be re-done for an additional week if there is a need.]*
- 11) **If any unusual symptoms occur, contact Dr. Gowda at once.**
- 12) SPECIAL INSTRUCTIONS: _____

