

# WEST HAVEN DENTAL CARE LLC

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## CARE INSTRUCTIONS FOLLOWING SURGERY

- Following your procedure some bleeding is expected and normal. You have been instructed to place and apply pressure to the area with a gauze pad by biting on it. Generally 2 to 3 hours of pressure is sufficient. Depending on the procedure and individual patient, a longer amount of time applying pressure to the area may be needed. You may see saliva streaked with blood for 1 to 3 days. This is also normal.
- Do not rinse your mouth at all for at least 24 hours following your procedure. This may increase bleeding and delay the healing process.
- After 24 hours begin gently rinsing your mouth with warm salt water (1/2tsp of salt to a glass of warm water) 3 to 4 times a day. Keep the area free from food debris to help the healing process.
- Following the dentist's instructions, an ice pack may be placed on the face on and off at half-hour intervals for the first 8 hours if needed.
- A soft food or all liquid diet is usually recommended for the first 24 to 48 hours following your procedure.
- PLEASE DO NOT SMOKE for at least 24 hours following your procedure. This can also delay the healing process and increase your chance of infection.
- Some discomfort is expected and normal. Over-the-counter non-asprin pain relievers such as Tylenol, Motrin or Aleve are generally sufficient. The dentist may prescribe stronger medication if necessary. Avoid asprin as this may increase bleeding.
- For best pain relief, begin taking pain medication as soon as possible before novacaine wears off. Continue taking medication every 4 to 6 hours for 2 to 3 days.
- In case of any problems or an emergency, please do not hesitate to call our office.