



columbus family dental care
David A. Dixon, DDS and Associates

INSTRUCTIONS TO FOLLOW AFTER ORAL SURGERY

Keep the gauze we gave you in your mouth, applying gentle pressure for 30-45 minutes. The gauze may act as a sponge; so do not chew. Extra gauze has been given to you in the event of prolonged bleeding. Simply change the gauze and bite down with gentle pressure for one more hour. Should you run out of gauze, a tea bag may be used.

Ice packs or ice in a wet wash cloth should be applied outside the area treated for 15 minutes on and 25 minutes off for as long as possible during the first 24 hours.

Avoid alcohol, drinking through a straw, rinsing your mouth and especially smoking for 24 hours. Also avoid crispy, crunchy foods such as popcorn, peanuts, etc. Post-operative problems such as dry-socket or infection occur much more often with those who smoke. So please try to wait one day. Beginning several hours after the surgery, you may maintain a liquid or soft diet. Common sense will help you determine when to eat. MAINTAIN NUTRITION - it promotes healing and helps avoid stomach upset due to medication.

After 24 hours, rinse with warm salt water (1/4 tsp. salt to 8 oz. water) as often as possible for about one week. No commercial mouthwash should be used during the first few days after oral surgery. If sutures have been placed, return to our office in 7 days for their removal. Do not be alarmed if one should fall out.

If you have been given a prescription to relieve discomfort, take it as directed and DO NOT consume alcohol or drive while taking the medication. If antibiotics have been prescribed, be sure to take as directed until gone. If you have been given a sample of medicine, take according to the label directions or as follows:

It is not unusual for a bruise, slight prolonged numbness, discomfort, bleeding, or swelling to occur following oral surgery. We sincerely hope none of these occur, but they are normal, so do not be alarmed.

Our office sometimes makes follow-up calls the evening of or the morning after surgery. If any problems arise, or if you have any questions, do not hesitate to call our office.

Thank you,

Columbus Family Dental Care

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A General Dentistry Practice