



MODERN FAMILY DENTAL

POST-SURGERY INSTRUCTIONS (Tooth Extraction and Grafts)

THE FIRST 24 HOURS:

1. DO NOT RINSE OUT YOUR MOUTH:
 - a. Don't swish, gargle, rinse your mouth out, blow air or suck through a straw for the first 24 hours. Otherwise, you risk dislodging the blood clot that is forming.
 - b. You can roll water in your mouth for 1 minute and then lean over to let it flow out of your mouth and into the sink. After 24 hours, you can resume normal rinsing.
2. AVOID HOT and SPICY FOODS - In the first 24 hours, avoid anything hot to prevent swelling.
3. AVOID RICE, POPOCORN AND OTHER HARD GRANULAR FOODS.
4. AVOID SMOKING AND ALCOHOL FOR AT LEAST 1 WEEK.
5. PLACE AN ICE PACK AROUND THE AREA FOR THE REST OF THE DAY: This reduces the swelling. Place an ice pack (or bag of frozen peas) on the area for 20 minutes and then off for 10 minutes, then back on for 20 minutes, and so on.
6. KEEP PRESSURE ON THE AREA WITH THE COTTON SQUARES WE GAVE YOU AND REPLACE EVERY 2 HRS. Repeat about 2-3 times or until most of the bleeding has stopped.

***COMMON MISTAKE:** Do not keep changing gauze more often than every 1-2 hours. Doing so can cause more bleeding. It's best to sit quietly with pressure on the site for the rest of the day.
7. EXPECT BLEEDING - it is normal to see blood for the first THREE days, sometimes a little longer. Remember that 1 drop of blood in a mouth full of spit looks like a mouth full of blood.
8. AVOID EXERCISE - No exercising or strenuous activity for at least 48 hours.

AFTER THE FIRST 24 HOURS:

1. You can eat, brush and rinse your mouth out normally after the first day. Just do so gently.

2. Rinse several times a day for the first week with WARM salt water (Half a teaspoon salt in 2oz of water). Gently rinse for 1 minute each time. This should be done for a minimum of 3 times a day.
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OTHER IMPORTANT INFORMATION:

1. Expect the area to be swollen and tender for as much as 1-2 weeks. Swelling is a NORMAL part of healing and it does not necessarily mean you have an infection. A swelling of concern is large (golf ball size or bigger, grows quickly and makes it hard to breathe).
2. Pain is normal. Most pain is easily controlled with over-the-counter pain relievers. The one we recommend (if you are not allergic) is Ibuprofen (Advil/Motrin). A good dose for an average-sized adult is 3 tablets (200mg each) every 5 hours or 4 tablets (800mg total) every 6 hours.