

## INSTRUCTIONS FOR POST-SURGERY CARE

- ✚ PROTECTION OF BLOOD CLOT ... maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area for at least 45 minutes to an hour. If bleeding continues; replace sponge with another as provided.  
For persistent bleeding: simply bite on a moistened tea bag for twenty minutes. Apply an ice bag or cold towel compress to the cheek and lie down with your head elevated on three pillows.
- ✚ DO NOT RINSE ... or use a mouth wash for at least 24 hours. After 24 hours rinse with warm salt water (1/2 teaspoon table salt in 8oz. of warm water) every 1-2 hours is recommended. (The use of commercial mouth washes during the healing period is not encouraged.)
- ✚ SWELLING ... To prevent swelling apply ice bag or towel wrung out in ice water over affected area. Apply alternately, 20 minutes on, 20 minutes off, for 4-6 hours if necessary.
- ✚ PAIN ... following dental surgery it is normal to experience some discomfort. If medication has been given or prescribed, take as instructed.
- ✚ NAUSEA: Take one ounce of a carbonated drink, such as ginger ale every hour for five or six hours, or a pinch of salt with bicarbonate of soda in a glass of water. Then drink mild tea, clear broth and soft foods before resuming your regular diet.
- ✚ DIET: A nutritionally balanced diet is very important. During first 24 hours eat soups and soft foods which are easily chewed and swallowed. Meats, vegetables and fresh fruit can be liquefied in a blender. Gradually progress to solid food. Don't skip meals. If you take nourishment regularly, you'll feel better, gain strength, have less discomfort and heal faster.
- ✚ THE TOOTHBRUSH ... may be carefully used in the area of the mouth not involved by the surgical procedure. A clean mouth heals faster.
- ✚ AVOID ... all excessive activity, don't pick at the surgical area, don't consume liquids through a straw, avoid alcoholic beverages and refrain from smoking until healing is well established.
- ✚ SUTURES ... if they were used, do not fail to return for their removal on the appointment date given.

Call this office at once in case of any unusual disturbance.