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AFTERCARE FOLLOWING EXTRACTION AND / OR ORAL SURGERY

Post Operative Care is most important to hasten healing and recovery. Please expect some swelling, stiffness and discomfort, but if the problem becomes excessive, please call our office.

TODAY:

For minor bleeding, bite on the gauze for 30 minutes using constant pressure. Change the gauze until it stops bleeding. Expect some oozing and discoloration of saliva. If it becomes excessive, please contact us.

For swelling and pain, place an ice-pack (ice in a plastic bag wrapped in a towel works well) over the area. 15 minutes on and 15 minutes off, for 3 hours.

For pain, use medication as prescribed. Avoid driving or operating hazardous machinery. If medication was NOT prescribed, take 2 ibuprofen every 3 hours as needed.

Only clear liquids until the anesthetic wear off. Through the 1st day, stick to a soft diet and drink plenty of fluids. Avoid hot liquids for 24 hours. No Smoking!

Avoid rinsing or sucking in the area of the wound. A clot is forming which will turn to fibrous tissue and then to bone. The clot must NOT be disturbed.

SECOND DAY UNTIL COMPLETE HEALING:

1. Return to normal diet as you feel better.
2. Resume normal oral hygiene procedures. Rinse gently with warm salt water (1/2 teaspoon of salt in a glass of water) 4 times daily to promote healing and to keep the area clean. Do NOT brush the area until the sutures have been removed (or 1-2 weeks if no sutures).
3. Call our office if you have any questions or concerns at 823-3030.