

# Idalou Dental

## After Care Following Dental Surgery

### THINGS TO EXPECT:

**Bleeding:** Bleeding or "oozing" for the first 12 to 24 hours.

**Swelling** This is normal following a surgical procedure in the mouth. It should reach its maximum in 3-4 days.

**Discomfort.** The most discomfort that you may experience may occur for a few hours after the feeling returns to your mouth. It may gradually increase again for 3-4 days, and then begin to diminish over the next few days.

### **THINGS TO DO IMMEDIATELY FOLLOWING SURGERY:**

**Bleeding:** Place gauze over extraction sites and maintain pressure by biting for at least one hour. Repeat as needed.

Keep head elevated, and rest. Do not suck or spit excessively.  
**NOTE:** Some "oozing" and discoloration of saliva is normal. If bleeding persists, replace the gauze with clean folded gauze placed over the extraction site, and maintain pressure until the bleeding stops. A teabag will work as well.

**Smoking:** **Avoid smoking** during the healing period.

**Discomfort** Take medications as directed for PAIN. Mild-to-moderate pain can be relieved by non-prescription Ibuprofen or Tylenol. For more severe pain, take the prescription pain medication as directed. If you are using any of these medications for the first time, exercise caution with the initial doses.

**Diet.** A nutritious liquid or soft diet will be necessary for the first week after surgery. Healing will occur in weekly increments; therefore, it is best to gradually return the diet and/or other activities back to normal.

**Activity:** **For the first 24 to 48 hours, one should REST.** Patients who have sedation should refrain from driving an automobile or from engaging in any task that requires alertness for the next 24 hours.

**Avoid:** The most important things to avoid are smoking, alcohol, straws, and carbonated drinks during healing.

### **THE DAYS AFTER SURGERY:**

1. Brush teeth carefully.
2. Beginning 24 hours after surgery, rinse mouth with warm salt water (or prescription mouth rinse). Continue rinsing three-to-five times per day for seven days, and then begin irrigating per dentist's instructions (see #7 below).
3. If ANTIBIOTICS are prescribed; **take ALL that have been prescribed, AS DIRECTED.**
4. Use WARM. MOIST HEAT on face for swelling, if any. Continue until the swelling subsides. A warm, wet washcloth or heating pad will suffice.
5. If SUTURES were used, they will dissolve on their own.
6. DRY SOCKET is a delayed healing response, which may occur during the second to fourth post-operative day. It is associated with a throbbing pain on the side of the face, which may seem to be directed up toward the ear. In mild cases, simply increasing the pain medication can control the symptoms. If this is unsuccessful, please call Dr. Alcazar.

### **CONTACT THE DOCTOR IF:**

1. Bleeding is excessive and cannot be controlled.
2. Discomfort is poorly controlled.
3. Excessive swelling spreading or continuing to enlarge after 48-72 hours.
4. Allergic reactions to medications occur, which are causing a generalized rash or excessive itching.

**Office Number: 806-686-0768; Email: [info@idaloudental.com](mailto:info@idaloudental.com)**

**For after hours, please leave a voice message and someone will return your call.**