

## Little Falls Dental Center

245 Paterson Avenue

Little Falls, NJ 07424

(973) 256-3912

### POST-OPERATIVE INSTRUCTIONS FOR CARE OF MOUTH

1. **DO NOT** sip through a straw.
2. **DO NOT** rinse for 24 hours.
3. **DO NOT SPIT.**
4. **DO NOT SMOKE.**
5. Gauze that has been placed over the socket following an extraction may be removed twenty minutes after getting home.
6. **AFTER 24 HOURS**, if the extraction site is tender, start rinsing. **GENTLY** rinse with warm salt water, **ONLY** if the bleeding has stopped. Thereafter, rinse mouth **GENTLY** with warm salt water 3 to 5 times daily for the next few days (One glass of water, lukewarm, with one teaspoon of salt dissolved in it). Brush your teeth as usual. Be careful around the extraction site.
7. **SWELLING**: Swelling is normal after surgery, and often persists for as long as seven days. **APPLY AN ICEPACK FOR THE FIRST TWO DAYS ONLY**. This will help prevent extreme swelling. Apply the pack for twenty minutes at a time for the first two days. If the swelling is still present after 48 HOURS, apply **MOIST HEAT** to affected area, twenty minutes on and twenty minutes off.
8. **PAIN**: For mild pain, take one aspirin or Tylenol every three to four hours. For moderate or severe pain, have your prescription filled and take as directed.
9. **FOOD**: Eat soft foods as tolerated and as soon as desired. Milk shakes, scrambled eggs, ice cream, mashed potatoes yogurt, etc.
10. **MEDICATIONS**: If any reaction such as hives, itching, etc., occurs, **DISCONTINUE MEDICATION AND NOTIFY THIS OFFICE AT ONCE!**

### **FAITHFUL COMPLIANCE TO THESE INSTRUCTIONS WILL ADD TO YOUR COMFORT AND HASTEN RECOVERY.**

-During the healing process, small, sharp fragments of bone may loosen and come up through the gum. These are not pieces of tooth and will often work themselves out. If necessary, return to this office for their simple removal.

-A slight odor may be expected during the healing process.

-A grayish-white appearance of the blood clot is one of the signs of healing.

-Discoloration and slight swelling may be expected when bleeding under the tissue occurs.

*Our interest in your case does not cease with the completion of the operation.  
If any difficulty arises at any time, please telephone and return for treatment.*