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CARE FOLLOWING DENTAL SURGERY AND EXTRACTIONS

WOUND CARE:

1. Bite firmly on the gauze that has been placed over the surgical area unless otherwise instructed.
2. Apply steady firm pressure for 30 minutes. Change gauze as often as needed.
3. Avoid strenuous activity for 24 hours.

BLEEDING:

1. Some blood will ooze from the area of surgery and is normal.
2. If bleeding should persist or start after it has subsided, then wrap a moist paper towel around a tea bag and bite on it with firm pressure. If bleeding persists please call our office.
3. Rest and keep your head elevated with several pillows or recline without laying flat on your back.
4. Do not smoke for the first 48 hours following surgery as this creates suction and can dislodge the blood clot.
5. Do not rinse, spit, suck through a straw or drink carbonated beverages during the first 24 hours following surgery.

DISCOMFORT:

1. Some discomfort is normal after surgery including soreness in the jaw where the injections were given.

DIET:

1. It is important to drink large volumes of fluids during the first 24 hours following surgery.
2. Cold, soft foods such as ice cream or yogurt may be the most comfortable to eat during the first day following surgery.
3. Avoid popcorn for the first 3 weeks following surgery.

ORAL HYGIENE:

1. Do not brush your teeth for the first 8 hours following surgery.
2. Rinse with warm salt water (half teaspoon table salt in 8 oz. warm water) a minimum of 3 times daily beginning 24 hours after the surgery. Rinse with salt water as described unless a mouth rinse was prescribed.
3. Brush your teeth gently, avoiding the surgery area. A clean mouth heals quicker.

SWELLING:

1. Swelling following surgery is a normal body reaction. Swelling peaks approximately 48 hours following surgery and usually lasts 4 to 6 days.
2. Apply ice packs over the surgery area for periods of 20 minutes on and 10 minutes off for the first 12 hours following surgery. This helps control swelling and may result in less discomfort.

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MEDICATION:

1. Antibiotic: Take as prescribed until all taken.
2. Mouth Rinse: If a mouth rinse was prescribed, begin rinsing 2 times per day 24 hours following surgery until all has been used.

BRUISING:

1. You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be a cause for alarm. It will disappear in 7 to 14 days.

STIFFNESS:

1. Following surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and will improve in 5 to 10 days.

STITCHES:

1. If stitches have been placed and will require removal, do not fail to return on the appointment date given.

ALLERGIC REACTIONS:

1. If you develop a generalized rash, itching, etc., call our office immediately.

CALL THE OFFICE IF:

1. you experience excessive discomfort that you cannot control with pain medication
2. you have bleeding that you cannot control
3. you have increased swelling after the 3rd day following your surgery
4. you develop fever following the surgery
5. you have any questions

DENTURE PLACEMENT:

If you have had a denture placed immediately after surgery, you are to wear the denture continuously for 24 hours and return the next day for a postoperative check. At that time the area of surgery will be inspected, the denture adjusted and cleaned, and you will then begin to follow the Oral Hygiene instructions above.

SEDATION:

If you have been given oral medication for sedation prior to your appointment:

1. Place patient in the same room with the caregiver
2. Place the patient in a reclined position being careful not to allow them to lay flat or sit upright
3. The caregiver must actively monitor the patient for 5 hours following their dental appointment by keeping them awake by talking, shaking, applying ice packs, and providing liquids regularly
4. The patient is not to have pain medication until 5 hours after pre-medication was taken (_____ o'clock). If the patient requires pain medication prior to this time contact Dr. Holmes or Dr. Revel at (713) 946-5171.