

** PATIENT'S INSTRUCTIONS FOLLOWING ORAL SURGERY **

GENERAL INSTRUCTIONS:

Unless otherwise directed DO NOT RINSE out your mouth until the following day. Beginning the next day, gently rinse your mouth with warm salt water every hour. This will help healing. (1/2 teaspoon to one-cup warm water). Keep taking nourishment. DO NOT MISS A SINGLE MEAL. Begin with thick soup, milk or ground beef. You will feel better and have less pain if you continue to eat.

Drink lots of liquids but NO A L C O H O L! Your body needs to make you well, alcohol will hinder this process. HOT drinks may also hinder this process. Changing the pressure in your mouth should also be avoided for at least the first day following surgery.

Get as much R E S T as possible. If you have severe pain, swelling, or bodily illness, PLEASE call.

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IN CASE OF BLEEDING:

After your tooth is removed, a gauze compress was placed on the wound and you were asked to keep your jaws closed firmly for one hour. This is to help stop bleeding and keep saliva away from the open tooth socket. This compress may be discarded after one hour. Should slight bleeding continue: Place fresh, clean, folded, wet gauze in the bleeding place, large enough so that it makes pressure when the jaws are closed firmly? Hold it in this position for one hour. If these measures do not succeed, call or come to the office at once. It is often wise, especially with children, to change the pillow case to avoid staining caused by drooling during the night.