HOME CARE OF THE PATIENT
FOLLOWING SURGERY

1. On arriving at home:
   a. Remove gauze packs.
   b. Take your prescribed pain medication with a whole glass of a sweet drink such as juice, pop or tea with sugar.
   c. Moisten fresh gauze with cold water, roll into a ball and place over the extraction site. Bite down firmly and constantly for 20 or 30 minutes. Replace gauze packs as long as there is bleeding. Bleeding may occur for several hours.
   d. Start taking your antibiotic within a few hours.

2. General instructions:
   a. Drink plenty of fluids today and any soft food is allowed. Increase diet as tolerated.
   b. Swelling and discoloration is to be expected, usually reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. To lessen swelling, apply ice packs to the first 24-48 hours, heat can be applied after 4-5 days for comfort if desired.
   c. Please do not rinse mouth on the day of the surgery, start the following morning – rinse your mouth at least 5 times a day for one week: use 1 tsp. salt in a glass of warm water.
   d. The following actions will cause excess bleeding:
      1. Smoking
      2. Sucking a straw
      3. Spitting
      Please refrain from doing any of the above for 24 hours. You may start brushing your teeth the day after surgery – please be careful to avoid the open socket.

3. Sutures (Stitches)
   If required, the sutures are dissolvable and will disappear within 5-10 days. If your sutures are non-dissolvable and need to be removed you will be advised.

If you have any questions or concerns, call the RECOVERY ROOM at 242-2600. (24 Hour Answering Service)