

Paparian Dental Associates, P.C.  
202 Main Street, Suite 203  
Salem, NH 03079  
(603) 893-1455

## POST-OPERATIVE INSTRUCTIONS FOLLOWING SURGERY

To insure your comfort and the success of treatment, we suggest that the following instructions be carried out:

Bite tightly for 20 minutes into gauze sponge placed in your mouth after the extraction. If bleeding continues, repeat the procedure. Should it continue, moisten a tea bag with COLD water, wrap in gauze and bite on both (there is a chemical in tea that promotes blood clotting). Like any bleeding, point pressure is needed to stop it. Sit up or semi-recline. DON'T move around! All pressure should be upon the bleeding.

DO NOT RINSE, SPIT, SMOKE, OR USE ANY STRAWS TODAY. Tomorrow rinse with warm salted water after meals. Rinse may be continued for several days.

DO NOT BRUSH YOUR TEETH TODAY. Tomorrow brush teeth as usual avoiding areas of the extraction and stitches.

Apply ice bag to the face 20 minutes on ...20 minutes off (TODAY ONLY).

Tomorrow use warm moist towels to the face to decrease the post-operative swelling: 20 minutes on ... 20 minutes off. This may be continued for several days.

If your lips are still numb remember to be careful with them when you use the ice and in using food utensils. Application of vaseline is useful and soothing.

For pain take medication prescribed. As the pain decreases take 2 Tylenol tablets every 4 hours.

Any food you desire may be eaten but avoid alcohol and hot liquids the first 24 hours. Begin with clear liquids, as your stomach can tolerate it. Begin to eat SOFT SOLID HIGH PROTEIN FOODS (eggs, milk, and milk products...frappes, cottage cheese, etc.)

Sutures may be placed in your mouth. If so, DO NOT dislodge them. Your dentist will remove them in one week. Please call the office if they do become dislodged within the first day.

\*\* Promptly notify your dentist if any unusual symptoms occur, so we can help you.