

Dan Ballenger DDS PA

Chris Houk DDS

12 Office Park Drive
Little Rock, AR 72211
501-227-7999

www.officeparkdental.com

Surgical Post Operative Instructions

Please follow these instructions carefully to help prevent infection, “dry socket”, and pain following surgery.

A gauze pack has been placed over the surgical area. Please keep your jaws together to hold the pack firmly to the surgical area for approximately **one hour** before removing. We will give you additional sterilized gauze pads to use if bleeding continues. Should this happen, fold two pads into fourths and place directly over surgical site and reapply biting pressure. Additionally, biting on a moist tea bag placed over the surgical site may aid in stopping bleeding. **Do not** use toilet paper, Kleenex, or paper towels for a pressure pack. You may experience slight oozing from the site for a day or so; this is normal and will not require a pack.

1. **Do not smoke, or use chewing tobacco for at least 48 hours.** Now is a good time to quit.
2. **Avoid drinking through a straw for the next 72 hours.** Suction created by using a straw may displace the blood clot and inhibit proper healing.
3. Avoid very hot beverages and carbonated beverages for at least 24 hours.
4. Eat a soft diet for the first few days. Avoid hard, crunchy foods. Try to keep food away from surgical site.
5. **Do not rinse your mouth vigorously for 24 hours.** Vigorous rinsing immediately following surgery can cause loss of the clot and inhibit healing.
6. After 24 hours start warm salt water rinses. ¼ teaspoon salt with 8oz of water. Wash gently for the first day or two. Avoid commercial mouthwashes containing peroxide as they may dry out the surgical site and inhibit healing.
7. Continue brushing your teeth as usual, but avoid vigorous brushing over the surgical site. A clean mouth heals faster.
8. If sutures were used, avoid picking at or tampering with the sutures. Many sutures are resorbable and will not require a return trip to the office for removal. If non-resorbable sutures were used, be sure to return to the office at your appointed time for suture removal.

Protecting the blood clot is of key importance as healing begins in the clot. After 24-36 hours the clot will become more firm leading to improved healing and a reduced likelihood of post operative pain. A healing scab is a whitish color in the mouth.

Following dental surgery it is normal to experience some discomfort. **If prescription pain medication has been prescribed, please take as directed to relieve pain.** If antibiotic medication has been prescribed take as directed on bottle until all pills are gone. If you experience a generalized rash or itching after taking medication, stop taking the medication and contact us immediately.

Office 501-227-7999