

Brian Mitchell, D.D.S

Post-Treatment Instructions Following Tooth Removal

- Swelling:** The maximum amount of swelling or discomfort will usually occur within the first three days following the procedure. Use ice packs as needed to control swelling for the first 24 hours. Ten (10) minutes on and Ten (10) minutes off.
- Bleeding:** It is normal to experience slight bleeding up to 36-48 hours following your procedure(s). Slight bleeding is described as traces of blood in the saliva. To control bleeding and protect the blood clot, maintain gentle pressure by biting on the gauze sponge (that has been provided to you) over the treatment area for approximately 1 hour, or until bleeding stops. If the treatment site begins to bleed severely, place a moistened tea bag in the gauze square over the area, applying gentle pressure by biting on the gauze. Never use napkins or tissues in attempt to absorb the blood.
- Diet:** For proper healing, it is very important that your intake of food and water be adequate. You should maintain a soft food/liquid diet for the first 48 hours following your procedure. You should be sure your choice of foods creates a nutritionally balanced diet. Examples of soft foods include such things as yogurt, pudding, Jello, soup, ice cream, milk shakes, baby food, eggs, Ensure, mashed potatoes, etc. **DO NOT DRINK THROUGH A STRAW AND REFRAIN FROM SMOKING** until healing is well established, as these activities will contribute to post-operative complications. Avoid alcoholic beverages which may be contraindicated with medications that have been prescribed.
- Oral Hygiene:** A clean mouth heals faster. Continue with your usual hygiene program (brushing and flossing). Avoid the treatment area for the first 48 hours. After 48 hours you can begin caring for the teeth near the treatment area(s) carefully. **DO NOT RINSE YOUR MOUTH OR USE A MOUTHWASH FOR AT LEAST 48 HOURS.** After 48 hours you should rinse your mouth **GENTLY** with warm salt water to promote healing (1/2 tsp. salt in a 6oz glass of warm water) twice a day for the first week.
- Other Post-treatment Instructions:** Avoid excessive activities for 24 hrs. following your procedure. Rest and keep your head elevated. It is not uncommon to experience slight discomfort the first 2-4 days following your procedure. If prescriptions were given, be sure to take all medication(s) as prescribed. If sutures were placed, it is important to have these removed in 5-7 days to avoid further infection.
- Questions?** Your post-treatment appointment has been scheduled for
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If you have any questions or concerns before this time, please do not hesitate to call our office 881-6767. If it is after hours and you have a question please call Dr. Mitchell at 271-6893.