

Capital Periodontal Associates P.A.

CARE FOLLOWING DENTAL PROCEDURES -Instructions following Extractions-

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area. Your dental health and comfort are our primary concern. Please review the following information.

BLEEDING – Some bleeding is normal after any extraction. Maintain gentle pressure by biting on the gauze pad/sponge that has been placed over the surgical area. Keep steady, firm pressure for 45 minutes. If bleeding has not subsided, use a clean pad/sponge for an additional 15 minutes. Repeat as needed.

DISCOMFORT – Following dental surgery, it is normal to experience some discomfort or pain. If medication has been given or prescribed, take as instructed. For mild to average pain, use a non-aspirin type of medication. Repeat as necessary according to instructions.

SWELLING – Some swelling may be noticed. Do not be alarmed by this normal reaction. Gently apply ice packs to the area for 10 minute intervals (10 minutes on and 10 minutes off). Repeat until swelling is relieved during the first 24 hours only.

EATING – Eating adequate food and fluid intake following surgery and/or general extractions is most important. Soft food is desirable. You may supplement your diet with liquids such as Carnation Instant Breakfast, Boost, Ensure, etc. Adequate nutrition is important for prompt healing following such procedures. **Avoid using a straw.**

RINSING – **Do not rinse or use mouthwash for at least 24 hours.** After 24 hours, rinse with warm salt water (1/2 teaspoon table salt in 8 ounces of warm water) every 1 to 2 hours to cleanse the affected area. (The use of commercial mouthwashes during the healing period is not encouraged.) If a prescription of Peridex has been given, use as directed.

TOOTH BRUSHING – The toothbrush may be carefully used in the area of the mouth not involved by the surgical procedures. A clean mouth heals faster.

ACTIVITY – Avoid all excessive activity. Don't pick at the surgical area. Avoid alcoholic beverages and cigarettes until healing is well established.

SUTURES – If sutures were used, return to our office for their removal on the appointment date.

ALLERGIC REACTIONS – For generalized rash, itching, etc., call Dr. Baldock immediately. For severe allergic reactions, call 911.

Remember to call promptly in case of severe pain, excessive bleeding or an unusual development. If questions or concerns arise, please call our office at (850)942-8111.

After hours, call:

Dr. Baldock (850)893-6625-home.