

## **Post Operative Care**

### **1. Do Not Disturb the Wound**

- In doing so you may invite irritation, infection and/or bleeding. Chew on the opposite side for the first 24 hours.

### **2. Do Not Smoke for 12 Hours**

- Smoking will promote bleeding and interfere with healing.

### **3. Do Not Spit or Suck Through a Straw**

- This will promote bleeding and may dislodge the blood clot, which could result in a dry socket.

### **4. Control of Bleeding**

- A pressure pack made of folded sterile gauze pads should be placed over the socket for 30 minutes. If the bleeding has not stopped once the original pack is removed, place a new gauze pad over the extraction site.

### **5. Control of Swelling**

- After surgery, some swelling is to be expected. This can be controlled through the use of cold packs, which slow the circulation. Cold pack is usually placed at the site of swelling during the first 24 hours in a cycle of 20 minutes on and 20 minutes off. After the first 24 hours, it is advisable to rinse with warm saltwater every two hours to promote healing.

### **6. Medication**

- Take prescribed medication and follows all instructions as directed.

### **7. Diet and Nutrition**

- A soft diet may be prescribed for the patient for a few days following surgery.

### **8. Call your dentist immediately**

- In case of excessive bleeding or swelling persistent, sever pain or fever.