



HUNTINGTON DENTAL GROUP

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Post Dental Extraction/Surgery Care & Instructions

Protection of Blood Clot

Maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area. Change the gauze every 30 to 60 minutes. If after the fourth change and the area is still bleeding (actively), wrap a tea bag (that has been moistened) with a gauze and bite down for at least 15 minutes. This should stop the bleeding.

Eating/Diet

Adequate food and fluid intake following surgery is most important. Normally a liquid diet is suggested during the first 25 hours with softer diet the following day. Return to a "normal" (within reason) diet by the third day. You may supplement your diet with liquid such as Carnation Instant Breakfast (For example but not limited to this brand).



Tooth Brushing/Cleaning

You still need to clean your teeth – brush your teeth on a regular basis. The toothbrush may be used in the area of the mouth not involved with the extraction as routine:

However, in the area of the extraction caution and gentleness should be used during initial healing. A clean mouth will "heal" faster than an unclean mouth.

Do not rinse, Spit, or Drink Anything Through a Straw

After 24 hours, begin to hold some warm salt water (1/2 Teaspoon in 8 oz glass of warm but not hot water) every 1 to 2 hours. Do not use any commercial mouth rinse. Rinsing, spitting or drinking through a straw any contribute to a "dry socket". After 28 hours begin rinsing lightly with warm salt water 3 to 4 times daily and continue for 4 to 5 days.

Sutures

If sutures or stitches were placed following the extraction, DO NOT FAIL TO RETURN at the appropriate appointed time for their removal (unless dissolvable sutures were placed).

Swelling

Some swelling may be expected following extractions particularly if surgical extractions. If swelling begins or occurs, gently apply ice or cold packs to the area for a period of 20 minutes (leaving off for 10 minutes and then reapplying – repeating the cycle). The procedure can continue for the first 24 hours.

Discomfort

Following a dental extraction, it is normal to experience some discomfort. If you have been given a prescription for pain medication, take it as directed only.



Antibiotics

You may have been given a prescription for an antibiotic. You need to obtain this medication and take as directed – DO NOT DISCONTINUE during the cycle but take the medication until finished. Any medication and in particular antibiotics, allergic reactions could occur. If generalized rash, itching or other unusual or abnormal symptom were to present or arise, call the office or Dentist immediately. If necessary seek medical care or consultation via your physician or emergency medical facility.

Avoid

Avoid any unnecessary or excessive physical activity. DO NOT bend over and pick up any object heavy (even 5 pounds is too heavy). DO NOT run up and down stairs. Get plenty of rest. If lying down, keep head slightly elevated and on your side – not on your back.



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