

# *Peninsula Center for Implantology*

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### **INSTRUCTIONS FOR CARE OF THE MOUTH FOLLOWING TOOTH REMOVAL**

- 1. DO NOT DISTURB THE WOUND:** In doing so you may invite irritation, infection & bleeding.
- 2. BLEEDING: BE QUIET & KEEP HEAD ELEVATED AT ALL TIMES.** Bite on the gauze placed in your mouth so that you exert firm continuous pressure on the wound. Keep the gauze in place for at least one (1) hour & then remove it. Some bleeding following tooth removal is to be expected (oozing). If bright red bleeding continues after a second hour, please call the office for further instructions.
- 3. RINSING:** Do not rinse your mouth the first day. The day after surgery, warm salt water may be used to rinse mouth gently. The teeth should be given their usual care, **except in the area of the operation.**
- 4. SWELLING:** To aid in the prevention of swelling after extensive and difficult oral operations, the application of ice packs for 3 to 6 hours the first day is desirable. The ice packs should be at intervals on twenty (20) minutes and off ten (10). Maximum swelling occurs up to seventy-two (72) hours after surgery.
- 5. FOOD:** Light diet is advisable during the first twenty-four (24) hours. Drink plenty of water and/or juice from a glass. Avoid fatty foods. Avoid drinking through a straw, as this could disturb the surgical site. Suggested high protein drinks. Safeway or Slim Fast brands with 20% protein are good options for the first day or two.
- 6. BONY EDGES:** After teeth are extracted you may feel hard, sharp projections and think they are roots. These are usually the portion of the bone, which surrounds the roots. They usually disappear in a few days, but if they are annoying, return for further examination.
- 7. ANTIBIOTICS:** If antibiotics are prescribed, be certain to continue taking them until directed otherwise.
- 8. REST:** Get adequate rest. Rest and quiet facilitate healing. Strenuous activity can cause renewed bleeding for five to seven (5-7) days following extractions. The proper care following oral surgical procedures will hasten recovery and prevent complications.
- 9. SMOKING: AVOID SMOKING,** as this will slow the healing process.

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