



## POST-SURGERY INSTRUCTIONS

### *I Had Oral Surgery. Now What Do I Do?*

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area.

1. **Protection of the blood clot...** Maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area. Keep steady firm pressure for 45 minutes. Repeat as often as needed. Be sure to moisten the gauze with a little water so that it won't stick to the clot.
2. **Do not rinse...** or use a mouthwash for at least 24 hours. After 24 hours, rinse with warm salt water (1/2 teaspoon table salt in 8 oz. of warm water) every 1-2 hours is recommended. You may also use our powerfully cleansing Tooth and Gums Tonic.
3. **Discomfort...** Following dental surgery it is normal to experience some discomfort. Please use the recommended medications every 4 hours. This includes Arnica, Hypericum and Notatum. Take 2 pellets every 4 hours. Place 10 drops of Notatum under tongue twice each day.
4. **The toothbrush...** may be carefully used in the area of the mouth not involved by the surgical procedures. A clean mouth heals faster.
5. **Eating...** Adequate food and fluid intake following surgery is most important. Adequate food and fluid intake following surgery is most important. Please utilize the meal ideas provided after surgery. It is also recommended that you consume broth made from pasture fed, free range chicken or beef bones (as promoted by Weston Price). You want to ensure that no food particles enter the surgical sites.
6. **Avoid...** all excessive activity. Don't pick at the surgical area. Don't consume liquids through a straw. Avoid alcoholic beverages and refrain from smoking until healing is well established (at least 72 hrs). Take it easy for 3 days. Any vibration can potentially disrupt the clot in the surgical site.
7. **Sutures...** If they were used, be sure to return for their removal on the appointment date given.
8. **Control swelling...** Gently apply ice packs to area for periods of 20 minutes on, 10 minutes off. This procedure should continue for the first 24 hours only. Please utilize the cold laser (if you have rented it).
9. **Medications...** Make sure that you take your prescribed medications strictly following instructions. Women taking birth control medications should be aware that antibiotics can cause the birth control medications to be ineffective, possibly resulting in pregnancy. Alternate methods of birth control should be used while on the antibiotics.
10. **Allergic reactions...** for generalized rash, itching, or other reactions, please call our office immediately. If you are not within less than an hour of driving to our office, go to the nearest hospital emergency room.
11. **Dry Socket...**if you notice severe pain 3-4 days after the extraction, please contact us immediately, as you likely have lost the blood clot from your extraction site. We can provide almost immediate relief.
12. **Do not hesitate...** to call as questions arise.