



HOME CARE INSTRUCTIONS FOLLOWING DENTAL EXTRACTIONS

Proper care of the mouth following most dental procedures can reduce complications and aide in proper healing of the surgical area. Please follow the post-op instructions below immediately following your dental extraction. Do not hesitate to call our office with any questions following your procedure.

- To protect the blood clot, maintain gentle pressure by biting on the moist gauze that has been placed over the surgical area for 30 minutes. If you notice bleeding after the gauze is removed, place more gauze or a moist tea bag wrapped in a piece of gauze at the extraction site and bite with gentle pressure for an additional 30 minutes. If copious bleeding persists after this, please call our office.
- Do NOT use an alcohol-based mouthwash (i.e., Scope, Listerine) for at least 72 hours.
- Avoid any excessive activity for AT LEAST 24 hours.
- Do NOT pick or rinse the surgical site.
- Do NOT consume liquids through a straw for 72 hours.
- Avoid alcoholic beverages and refrain from smoking for 72 hours.
- If instructed to use an irrigation syringe, WAIT 24 HOURS AFTER the extraction to irrigate. Use warm salt water and gently irrigate socket after each meal.
- Discomfort following dental surgery is normal. If pain medication and/or antibiotics have been prescribed, take as instructed.
- A toothbrush may be carefully used to clean the teeth in the mouth NOT involved by the surgical procedure. DO NOT place a tooth brush or any other item into the extraction site.
- Maintain a soft food diet for 2-3 days following the extraction. Adequate food and fluid intake following surgery is very important. If you find eating your regular diet is too difficult, you may supplement your diet with liquids such as Carnation Instant Breakfast.
- If sutures were used, do not fail to return for their removal on the appointment day given.
- If swelling occurs, gently apply ice packs to the area for 20 minutes on followed by 10 minutes off. Continue this rotation for the first 24 hours only.
- If taking medications for pain or infection and you notice any itching, rash, or other side effects, please call our office immediately.

After Hours: 904-257-6626

CONTACT

T: 904-461-5566 | F: 904-461-0084

1301 Plantation Island Drive S. STE 104B, St. Augustine, FL 32080

office@islandsdgedental.com