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CARE OF MOUTH AFTER SURGERY

1. **DO NOT RINSE TODAY.** Tomorrow rinse mouth gently every 3 to 4 hours (especially after meals) using one-half teaspoon of salt to a glass of warm water. Continue rinses for several days.
2. **BLEEDING.** Following surgery some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for one-half hour. Repeat if necessary. Place a bath towel down on your pillow if you lie down to rest.
3. **SWELLING.** Ice bag or chopped ice in a zip lock bag wrapped in a towel should be applied to operated area--one-half hour on and one-half hour off for 4-5 hours. Keeping ice chips in the mouth is also helpful.
4. **PAIN.** For mild to average pain use any Tylenol, Ibuprophen or Aleve.
5. **FOOD.** Light diet with no spices is advisable during the first 24 hours. Nourishment is essential for healing. Drink plenty of liquids and avoid chewing in the area of operation.
6. **BONY EDGES.** Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying return to this office for their simple removal!
7. If *any unusual symptoms* occur, *call* the office at once.
8. The proper care following oral surgical procedures will hasten recovery and prevent complications.
9. In some cases discoloration of the skin follows swelling. The purplish color may spread from skin around the mouth and cheeks to the skin of the neck. This discoloration is the result of blood elements spreading beneath the tissue layers. This is a perfectly normal post-operative event, especially in individuals who bruise easily.