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ORAL SURGERY POST OPERATIVE INSTRUCTIONS

1. Keep biting on gauze pad given right after extraction. This serves to apply pressure on the extraction site to stop the bleeding. Change gauze pad to a dry one after it's all wet.
2. Do not eat or drink any hot foods or liquids. Hot temperatures will stimulate more bleeding.
3. Eat and drink cold foods and liquids. Cold temperatures will help stop the bleeding.
4. Do not smoke for at least the first 24 hours. Smoking will delay healing and increase the chance of infections.
5. Rest—do not do anything physically strenuous because perspirations will also stimulate more bleeding.
6. Do not use straws. Forming suction in your mouth will cause more bleeding.
7. Twelve hours after extraction (when bleeding has slowed down) rinse your mouth with warm salt water (about 1 teaspoon salt with 8oz water) to gently remove any foods that may be trapped in the extraction site.
8. Make sure that antibiotics are taken (if prescribed) as instructed and finished completely. If all antibiotics are not taken, dry socket may occur.

ADDITIONAL INSTRUCTIONS FOR IMMEDIATE DENTURE PATIENTS

1. First 24 hours—leave dentures in your mouth.
2. Day 2-4—only remove dentures for cleaning.
3. Rinse you mouth without dentures in warm water to remove residual foods in the extractions areas.
4. Day 5—take dentures out at night to sleep. Leave in your mouth during the day.
5. If dentures need adjustments, it well be done after 4 weeks have past and the extraction sites have healed.