

POST-SURGERY INSTRUCTIONS

Healing following the surgery you have just experienced is usually fast and uneventful if you follow the directions below:

1. Bleeding: Leave the gauze sponges in for 20 minutes. Replace them for another 20 minutes if fresh red blood is present. They may need to be replaced a few times. If bleeding continues after this time, bite on a tea bag for 20 minutes. If you are still bleeding after this please contact our office.
2. Do not drink or eat **hot** foods today, as you may dissolve or loosen the healing blood clot. Eat cool, soft nutritious foods.
3. Do not "suck" on the wound site for the next few days. You may disturb the blood clot, causing bleeding, slow healing, and bone pain often called a *dry socket*.
4. Do not eat hard foods in the part of your mouth that received the surgery for a few days. You could disturb the healing.
5. Do not smoke and do not over exert yourself for at least 24 hours.

THE POINTS CHECKED OFF BELOW APPLY TO YOU (6-9)

6. Sutures (Stitches):

- A. Were not placed.
- B. Dissolvable sutures were placed. No need to return for suture removal.
- C. Non-dissolvable sutures were placed. You need an appointment in about 7-10 days to have the stitches removed.

7. Pain:

- A. You have not been given a prescription for pain. You should not experience much discomfort. Take Advil or Tylenol for mild discomfort. Please note that soreness and swelling often peak at 48 hours after the extraction. If the pain is more than these drugs can stop, please call us for a telephone prescription to your nearest pharmacy.
- B. You have been given a prescription for pain. You may elect to try managing the discomfort with Advil or Tylenol before filling the prescription. If these drugs will not control the pain, please get the prescription filled.

8. Antibiotic:

- A. You have not been given an antibiotic. It does not appear that you will need antibiotic therapy.
- B. You have been given a prescription for an antibiotic. Please take the medication faithfully until all of the tablets are gone.

9. COLD application:

- A. Not necessary for your surgery.
- B. Use cold packs (or ice in plastic bag) on the outside of your face near the surgery site for 30 minutes on arriving home.

You should be healed from this surgery very soon. Please call _____ if any questions arise.

Video instructions and an electronic version of this form are available at
www.clarencestreetdental.com under the **"Forms"** section.

Don't forget to visit the **"Customer Service Survey"** section of our website to tell us how we did.
Your name will be entered into a draw for a \$100 gift card to a local business of your choice.



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