

## DENTAL POSTOPERATIVE INSTRUCTIONS

### WHAT TO DO:

- DO bite on gauze for one hour following your procedure.
- DO reduce pain and swelling by taking ibuprofen (Advil, Motrin, etc.) before all the numbness is gone.
- DO consume soft, nutritious foods and drink plenty of liquids for 3 days to help the healing process. Chew food gently to help your jaw stay active but be careful.
- DO take all antibiotic medications prescribed to you, as directed.
- DO maintain proper oral hygiene during the healing process; carefully brush and floss your teeth twice a day.

### WHAT NOT TO DO:

- DO NOT chew or drink hot liquids while your mouth is numb.
- DO NOT drink through a straw for 24 hours after your procedure.
- DO NOT smoke for 72 hours after your procedure. Smoking can cause dry sockets.
- DO NOT vigorously brush the site of your procedure or rinse forcefully for at least 24 hours.

### WHAT TO EXPECT:

- The site of your procedure may experience slight discomfort and swelling for 3–5 days. This is completely normal.
- Intermittent bleeding or oozing may continue for a few days after your procedure. Gently bite on damp gauze packs or a tea bag to stop it. Do not chew on the gauze or tea bag.
- Over the next few days, you will likely experience temperature and pressure sensitivity as well as gum soreness. Reduce discomfort and swelling by gently rinsing your mouth with **warm salt water** (1 teaspoon of salt with one cup of lukewarm water) at least 3 times a day. Gargle, rinse, and spit until the mixture is gone.
- You may feel the sharp edges of the bony walls which once supported the tooth. Small slivers of bone may work out during the following week or so. This is completely normal.
- If you received stitches, you can expect them to dissolve or fall out on their own within 4–6 days. Do not pick at them or otherwise try to get them to come out.
- If you have a concern and you're not making steady improvement in healing, please contact us at 206-615-1835. If you are having an emergency, call 9-1-1.