

# SCHWENKSVILLE DENTAL CARE



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## **POST SURGICAL CARE**

- We have placed gauze over the surgical site to act as a “pressure bandage.” Change the gauze every ten minutes for the next two hours. Keep solid biting pressure on the gauze during this time.
- Do not rinse your mouth or gargle for 24 hours. Rinsing may dislodge the blood clot and invite infection.
- Drink extra fluids for the next 24 hours. Do not eat solid foods (fluids only) while you feel numb! After sensation returns to your mouth, eat only soft foods for 48 hours. Soft foods include soups, noodles, jello, milk shakes, eggs, mashed potatoes, meat sauces, etc.
- No exercise for 48 hours! Do not lift objects weighing more than 25 pounds. Do not run, do yard work, or do home cleaning work.
- No smoking for 12 hours following surgery.
- Keep the surgical area cool by placing an ice pack in your cheek 10 minutes on and 10 minutes off. Or you may wish to sip iced beverages instead of using the ice pack.
- Take any medications given to you and follow instructions exactly.
- Brush your teeth, as you normally would be careful not to jab the surgical site.
- Call if you have any problems following your surgery.