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## **INSTRUCTIONS FOLLOWING EXTRACTIONS OR OTHER SURGICAL PROCEDURE**

### **BLEEDING:**

Bite on the sterile gauze pad for 1/2 hour. If bleeding starts again, put more gauze, a clean white cloth, or a damp tea bag over the bleeding area and bite on it with firm, steady pressure of one (1) hour. Do not chew on- it!

### **SWELLING/BRUISING:**

Some swelling and bruising of the jaw may be noticed. Do not be alarmed by this normal reaction. Ice packs can be used immediately after surgery and for the next 24 hours. Keep ice packs on 10 minutes and off 10 minutes.

### **PAIN:**

Some discomfort may be experienced following surgical procedures. Take medication as directed. If pain increases over 48 to 72 hours contact our office.

### **EATING:**

Soft food is desirable for the period immediately following your visit. Chew solid food on the opposite side of the mouth for 24 hours and avoid very hot liquids. Drink lots of liquids.

## **NO SMOKING FOR A MINIMUM OF 24 HOURS FOLLOWING SURGERY.**

### **OTHER CARE:**

- Do not use a straw to drink for 24 hours.
- Do not spit. Spitting will cause more bleeding... excess saliva and a little bleeding appear as a lot of bleeding!
- Do not engage in any strenuous activity for the remainder of the day.
- Brush your teeth 3 times daily, but don't rinse or use a mouth wash the day of the surgery. The following day, use a salt solution (one teaspoon of salt dissolved in a glass of warm water) every 3 hours to cleanse the affected area.
- To prevent bleeding and swelling, keep your head elevated on 2 of 3 pillows while you rest and/or sleep.
- During the healing process, sharp fragments of bone may work up through the gum. If annoying, call the office for an appointment for removal.

## **REPORT PROMPTLY ANY CONDITION THAT APPEARS UNUSUAL.**