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**POSTOPERATIVE INSTRUCTIONS**

1. SWELLING may develop following surgery. As soon as possible after the procedure, you should begin using an ice pack to control the swelling. Please wrap the ice bag with a damp towel. Apply the ice to the involved area. For your comfort and to control swelling, ice should be applied over the affected area as much as possible during the first 24 hours after the procedure.
2. PROTECT THE CLOT by gently biting on the moistened gauze sponge that was placed over the surgical area for at least 30 minutes. If bleeding continues, replace the sponge with another damp sponge or gauze or place a dampened green tea bag on the socket, applying continuous pressure for an additional 30 minutes.
3. DO NOT RINSE or use mouthwash for at least 4 days. (Note: the use of commercial mouthwashes during the healing process is discouraged since it will dissolve the clot and cause pain in the extraction site.)
4. PAIN following oral surgery can be normal. If medication has been given or prescribed, take it as instructed. It is important that you begin taking this medication before the effects of the anesthetic wear off. If you do not have allergy to aspirin or ibuprofen, take 800 mg of ibuprofen (4 over the counter tablets) every 6 hours for the first 4-5 DAYS.
5. THE TOOTHBRUSH may be used in the areas of the mouth not involved by surgical site. A clean mouth heals faster and better.
6. ADEQUATE food and fluid intake following surgery is most important. If you find that eating your regular diet is too difficult, you may supplement your diet with soft foods (ie. Jello, pudding, mashed potatoes).
7. AVOID all excessive activity, picking at the surgical area, consuming liquids through a straw, alcoholic or carbonated beverages, spicy foods, and mouthwashes.

**DO NOT SMOKE FOR 4-5 DAYS!**