

# DEFONT FAMILY DENTAL

## **INSTRUCTIONS FOR MOUTH CARE AFTER SURGERY**

1. Continue to bite on the gauze provided until the majority of the bleeding has stopped.
2. If medication has been prescribed for you, take as directed as soon as you reach home.  
**DO NOT WAIT UNTIL YOU BEGIN TO HAVE PAIN!**
3. Important! **DO NOT RINSE** your mouth for at least 18 hours after surgery.
4. If you wish to minimize swelling you may apply an ice pack on the face over the surgical area; on 10 minutes, off 5 minutes and repeat. Discontinue the use of cold after 24 hours.
5. Starting 24 hours after surgery, rinse with warm salt water (1 tsp. salt in 8 oz. Warm water) once each hour. This will aid healing and help your mouth taste and smell fresher.

It is normal for there to be some bleeding from the surgical area for some time.

Expectorate – do not swallow this blood as it will cause nausea.

If you should experience severe pain, begin expectorating large amounts of bright red blood or have any problems which seem abnormal please call us.

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