



Eastmont

FAMILY DENTAL

Dr. Brian Anantamula
Dr. Trevor Larson

801 Eastmont Ave Ste A • East Wenatchee, WA 98802
Ph: 509-886-2345

CARE FOLLOWING DENTAL PROCEDURES

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area.

1. **Protection of blood clot:** Maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area, or by biting on a tea bag which has been gently moistened and wrapped in a piece of gauze. Keep steady firm pressure for 45 minutes. Repeat as often as needed.
2. **Rinsing:** Do not rinse or use mouthwash for at least 24 hours. After 24 hours, rinse with warm saltwater (1/2-teaspoon table salt in 8-oz warm water) every 1-2 hours. (The use of commercial mouthwashes during the healing period is not recommended).
3. **Discomfort:** Following dental surgery it is normal to experience some discomfort. If medication has been given or prescribed, take as instructed.
4. **Brushing:** A toothbrush may be used carefully in the areas of the mouth not involved in the surgery. A clean mouth heals faster.
5. **Eating** Adequate food and fluid consumption following surgery and/or general extractions is very important. If you find that eating your regular diet is too difficult you may supplement your diet with liquids (Carnation Instant Breakfast). High quality, nutritional value is important for prompt healing. (See attached food sheet)
6. **Activity:** Avoid all excessive activity that will elevate heart rate. Don't pick at the surgical area. Don't consume liquid through a straw. Abstain from alcoholic beverage and smoking until healing is well established.
7. **Sutures:** If sutures were used, do not fail to return for their removal on the appointment date given.
8. **Swelling:** To control swelling, gently apply ice packs (bags of frozen peas also work nicely) to area of swelling for 20 minutes on and 10 minutes off. Continue this procedure of 24 hours only.
9. **Allergic Reactions:** For rash, itching, etc., call dentist immediately.

DO NOT HESITATE TO CALL IF ANY QUESTIONS ARISE