

Family & Cosmetic Dentistry of Nashville

5/08

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Especially for: _____ Today's Date _____

As you are numbing for today's procedure, it may be appropriate to medicate you. Please, let the doctor know at this time if you have taken any meds prior to coming in today. If you are a patient that must pre-medicate, have you done so? You will see an instructional video and will be given written instructions.

1. Following your surgery you may be given a gauze pad to bite down on. This helps control bleeding. Keep this gauze in place for at least the next half hour (we will give you an extra supply of gauze). Put an old pillow case on your pillow for the first night after the extraction. A light diet for the first 24 hours is suggested.
2. Avoid rinsing, spitting, sucking through a straw, smoking, or drinking alcoholic beverages for a few days. Any of these may disturb the blood clot and retard healing. Do not take any aspirin at any time.
3. You may be given a prescription for pain and/or an antibiotic or an anti-swelling medication. Have these filled and follow the directions as indicated. Do not take aspirin or aspirin products.
4. To control swelling, you may wish to place an ice pack on your face intermittently for the first four hours. If you do not have an ice pack, you can make one at home using a locking plastic bag wrapped in a towel or washcloth.
5. Elevate your head at approximately a 30 degree angle.
6. Rest at home for the remainder of the day. Avoid any unnecessary physical activity, including straining or bending. As always when your lips are numb, be careful not to bite them or injure with hot foods.
7. By the next day you can usually resume your normal activities. You may wish to begin rinsing your mouth gently with warm salt in a glass of warm water.
8. Should you experience any unusual bleeding or pain, or if you detect a foul taste in your mouth, contact our office at once.
9. Within several days following your surgery you may be scheduled for a brief postoperative visit. This is a routine precaution. If you have had sutures placed during the surgery, they will be removed at this time.