



DESERT VALLEY DENTAL

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CARE FOLLOWING DENTAL PROCEDURES

1. *Protection From Blood Clots – Maintain gentle pressure by biting on the gauze that has been placed over the surgical area. Keep steady, firm pressure for 45 minutes. Change gauze as often as needed.*
2. *Rinsing – Do not rinse with water or mouthwash for a full 24 hours. After 24 hours, rinse with a warm salt water rinse (1/2 teaspoon of table salt to 8 oz. of warm water) every 1-2 hours is recommended.*
3. *Brushing – You may use a toothbrush in the area not involved in surgical procedures. A clean mouth heals faster.*
4. *Eating – Following a procedure you should eat softer foods and avoid spicy foods.*
5. *Avoid – Any excess exercise following a procedure, any alcoholic beverages, or smoking of any kind for at least 24 hours.*
6. *Sutures – If placed, do not fail to return for the removal appointment set up at time of the surgical procedure.*
7. *Swelling – Gently place ice packs on cheek for periods of 20 minutes on and 10 minutes off. Do not use ice after the first 24 hours. After 24 hours, heat packs should be used.*
8. *Do not hesitate to call if any questions should arise.*