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## CARE OF THE MOUTH AFTER EXTRACTION

**RINSES:** Do not rinse your mouth the day of surgery, since the clot is forming. Also try to avoid spitting. Beginning the next day, rinse your mouth vigorously with salty water (adding 1 tsp. of salt to a glass of warm water). This is important both for healing and hygienic purposes. For extensive surgical procedures, these rinses should be repeated every hour for the first three days. After that, 4-6 times daily will do.

**DIET:** There are no restrictions on the diet as far as soft or solid foods are concerned, and you may eat immediately. You will feel better and have more strength, less pain and heal faster, if you continue to eat. However, because of surgery, it may be necessary to eat soft foods such as soup, milk toast, jell-o, cooked cereal or a milkshakes for several days. Some of the liquid diet preparations are helpful. As soon as possible, return to your normal diet.

**FLUIDS:** It is very important that fluid intake be adequate. Avoid using straws. Even though it may be awkward, an adult should consume 2 to 3 Quarts of liquid each day. Children should have a proportional amount. Avoid alcoholic beverages.

**REST:** It is always important to get plenty of rest with any surgery or illness.

**SMOKING:** It is important not to smoke for at least 3 days after the procedure, as the heat from the smoke will prevent healing, and may cause very painful post-operative infections.

**DISCOMFORT:** The amount and duration of discomfort one should expect may vary from patient to patient. The pain medication prescribed by our office, when taken as directed, is generally adequate. It may require 30-95 minutes to take effect. It is important that medication **NEVER BE TAKEN ON AN EMPTY STOMACH.**

If you are taking pain medication or received intravenous anesthesia while in our office, we request that you avoid strenuous tasks; driving and operating machinery for 24 hours.

**FEVER:** A low-grade fever is not unusual after even a simple procedure. Fever may be caused by inadequate fluid intake as well. If excessive, or at all questionable, do not hesitate to call the office.

**SWELLING:** Some swelling is expected after surgery. To help control this, apply an ice pack to the side of the face 20 minutes on 20 minutes off, continue this throughout the day. To be most effective the application of ice packs should begin as soon as possible.