
COUNTRYSIDE DENTAL, PC

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**PATIENTS INSTRUCTIONS FOLLOWING ORAL SURGERY**

Please follow these instructions for the best results.

Bleeding

Some bleeding is normal and expected following the extraction of teeth. A sterile gauze pad has been supplied. Keep the teeth closed upon the gauze pad for 60 minutes after leaving the office. If bleeding continues use a second gauze pad for an additional 60 minutes after removal of the first pad. If excessive bleeding still continues, call the office at 518-392-5231.

Swelling

A certain amount of swelling of the jaw may result following a tooth extraction. To prevent swelling apply an ice bag to the jaw for 20 minutes. Remove the ice bag for 20 minutes and then reapply the ice bag for another 20 minutes. Repeat this process until the swelling is reduced. The ice bag should be used only on the day of surgery.

Discomfort

There is usually some discomfort after a tooth extraction. If you are expected to have severe discomfort, a prescription will be supplied to you before you leave the office. If the discomfort does not go away, call the office at 518-392-5231.

Mouth Rinse**DO NOT RINSE YOUR MOUTH FOR THE FIRST 24 HOURS
FOLLOWING SURGERY**

After a 24 hour period, you may rinse the mouth with a mild salt solution of one half teaspoon salt to a glass of water. Other commercial mouth rinse should be diluted when used during the second day following a tooth extraction. DO NOT rinse the mouth vigorously as this may result in bleeding.

Eating and Drinking

Refrain from smoking or alcoholic beverages for 24 hours. NO HOT foods or drinking (temperature or spicy). Please eat! You need nutrients for healing.