

Care After Dental Surgery

1. Bite on the cotton pad for at least 30 minutes.
2. Do **not** rinse or wash your mouth today.
3. Tomorrow, gently rinse your mouth with warm salt water (½ teaspoon salt in a glass of warm water). Do this every 6 hours.
4. Eat soft food today and drink milk, water or juice. Do not have hot drinks today as it may cause bleeding.
5. Rest at home today and do not do any hard work or activities (examples, lifting over 4.5 kilograms or 10 pounds, sports). These activities might cause bleeding.
6. Do not smoke until the healing is well started (smoking increases the risk of “dry socket”, which is very painful).
7. If you have pain when the anesthetic (“freezing”) goes away, you may take some acetaminophen (for example, Tylenol®) as advised by the dentist.
8. If you have any questions, please call us at _____.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

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