

**HOME CARE INSTRUCTIONS
FOLLOWING DENTAL SURGERY**

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Date: _____

ACTIVITY

Rest and quiet activity for 24 hours. Semi-reclining position is best.

SURGICAL SITE CARE

1. Do not rinse mouth for 24 hours. This may loosen clot and prolong bleeding.
2. Pink tinged saliva is expected, but if bleeding occurs, fold gauze square, place over extraction site and bite down for 30 minutes. Remove gently and repeat if necessary.
3. Do not suck on straws.
- 4.

ORAL HYGIENE

1. After 24 hours, use warm salt water, $\frac{1}{2}$ tsp/glass, as gentle mouth soak. Use frequently, at least every four hours and after meals.
2. Brushing teeth begins day after surgery. This should be gentle, but thorough.

MEDICATION

1. New medications:

2. Last dose of pain medication:

COMFORT

1. To minimize swelling, place ice pack to face for first 12 hours. Maximum swelling in first 24-36 hours.
2. Discoloration and stiffness of jaw are common. Warm moist heat may be applied to face on third day.
3. You may need to use prescription pain medication regularly at first and then as needed. If pain medication does not keep you comfortable, contact your doctor. If nausea occurs, take food in $\frac{1}{2}$ hour prior to medication. If nausea persists or rash occurs, STOP taking the medication and call your doctor.
4. For mild discomfort, use over-the-counter pain medication.

DIET

Some of the sedative/anesthetic medications used today may cause nausea. Begin with clear liquids and progress to soft solid foods. Avoid hot liquids for first 12 hours. If you become nauseated, tea or carbonated beverages are helpful. If vomiting persists, call your doctor.

SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving a general anesthetic.
 - 12 hours after receiving sedation.
 - While taking prescription pain medications.
2. Because of the effects of anesthesia/sedation, we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.





Wausau, WI

715.847.2121 ~ 800.283.2881

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- 3. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways. Children should not ride bicycles or ride-on toys.
 - b. No alcoholic beverages.
 - c. Postpone signing any important papers or making any important decisions.

RETURN APPOINTMENT

DR: _____

Date/Time: _____

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

WHEN TO CALL

If any of the following symptoms occur: SEVERE PAIN THAT IS NOT RELIEVED BY PAIN MEDICATION, PAIN BECOMING WORSE AS DAYS GO BY, FEVER (OVER 101°) PERSISTENT NAUSEA AND VOMITING, RASH, OR ANY CONCERNS ABOUT YOUR RECOVERY.

WHO TO CALL

Dr. _____

Phone: _____

After hours phone: _____

Aspirus Day Surgery Plus

Open 6:00 a.m.-7:00 p.m., Monday - Friday

Phone: 715.847.2907

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time