

**NEW LIFE DENTAL CENTER
1881 N. State Hwy CC
Nixa, MO 65714
Phone: 417-725-4746**

POST OPERATIVE INSTRUCTIONS

1. DO NOT RINSE OR SPIT TODAY! On the day following surgery, rinse mouth every three hours with warm salt water (one-two teaspoons table salt in a half glass of warm water). Continue warm salt water rinses three to four times daily for seven days following extractions or surgery.
2. DO NOT USE A STRAW FOR 48 HOURS!
3. SMOKING AND DRINKING ALCOHOL SHOULD BE DISCONTINUED FOR AT LEAST 48 HOURS FOLLOWING EXTRACTIONS OR SURGERY!
4. BLEEDING: Place gauze directly over area of bleeding. Hold pressure by biting firmly on gauze for approximately two hours. Pressure should stop the bleeding. Also, biting on a wet tea bag will help stop bleeding if it does not subside with gauze. Make sure you have at least one pillow under your head when lying down. Lying flat can cause bleeding to continue. No bending over or lifting for 24 hours. If you had an upper extraction(s) do not blow your nose for at least 48 hours.
5. On the day of extractions *only*: An ice pack may be used for 20 minutes on and 20 minutes off, if needed. Do not leave on your skin for more than 20 minutes at a time.
6. Facial bruising may occur following an extraction(s) and is not usually cause for concern.
7. Carbonated beverages including soda and beer should be avoided for 48 hours to aid in blood clot retention.
8. Medicine for pain relief is most effective if taken within 30 minutes following surgery or extraction(s), before numbness wears off. Do not wait until pain begins to take your first dose of medicine.
9. DRY SOCKET: Dry socket is a fairly common condition that can occur following an extraction(s). Dry socket happens when the blood clot has been lost or did not form properly, or if tissue at extraction site becomes infected. Following these instructions carefully is the best chance to avoid a dry socket. The symptoms of dry socket are typically two to three days of pain following extraction(s), especially if the pain was better but worsens two to three days following extraction(s). If dry socket treatment is necessary, there is a fee of \$46.
10. Cleanliness of the mouth is absolutely essential. Faithful compliance with these instructions will help prevent postoperative complications, add to your comfort, and hasten your recovery.

ADDITIONAL INSTRUCTIONS FOR IMMEDIATE DENTURES AND PARTIALS

If you received an immediate denture or partial the following instructions will also apply:

- Leave the denture or partial in for 24 hours before removing as they are part of your bandage.
- After 24 hours remove denture or partial, clean it and put it back in your mouth.
- After the first 24 hours, dentures should be removed overnight and soaked in denture cleaner or water. If a softliner was placed, soak in water only. Do not sleep in your denture or partial after the first 24 hours (from now on).

- Clean your denture or partial after each meal.
- It is normal to get some sore spots, please call for an appointment for us to adjust your denture or partial.
- We will relines your immediate denture or partial after a minimum of 30-90 days (or when you are completely healed). Call to schedule an appointment for this procedure. We will take an impression in the morning and you will get the denture or partial back in the afternoon.
- Take your pain pills and/or antibiotics as directed (if given).
- If needed, initial placement of a softliner will be no-charge; each additional (replacement) softliner will incur a fee of \$46.
- It is fine to use denture adhesive (if needed). However, do NOT put any adhesive over sutures (stitches) and do not use any when coming to the office for an appointment.