

WEIMAR FAMILY DENTISTRY

11256 – 86TH Ave. No., Maple Grove, MN 55369

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CARE FOLLOWING ORAL SURGERY

- 1. Bite on Gauze:**
For 30 minutes, maintain a gentle pressure by biting on the gauze that has been placed over the surgery site. If bleeding continues, place another gauze and continue to apply pressure.
- 2. For the first 24 hours DO NOT:**
Smoke
Drink through a straw
Drink alcohol, carbonated beverages (pop), or hot liquids
Blow your nose, or spit excessively
Any of the above may cause the blood clot over the surgery site to dislodge causing a 'dry socket' and resulting in unnecessary pain.
- 3. Diet:**
Maintain a soft diet for the remainder of the day. Recommendations are warm soup, ice cream, milk shakes. (Remember, **NO** straws). Avoid things that are hard or sharp, such as carrot sticks, chips, etc.
- 4. Do Not Rinse:**
Do not rinse or use a mouthwash for 24 hours. Tomorrow morning start rinsing gently with warm salt water 3-4 times per day, for 2 days. Brush your teeth carefully avoiding the surgery site for 24 hours.
- 5. Avoid Excessive Activity:**
Do not overexert yourself during the next 24 hours.
- 6. Sutures:**
If sutures were used in your treatment, be sure to return for the removal on the appointment date given.
- 7. Discomfort:**
If you were given a prescription for pain, take it according to the instructions. For minor discomfort, take Advil (Ibuprofen), Tylenol (Acetaminophen), or aspirin according to the directions.

If any problems or questions arise, please feel free to call us at the office at 763-493-9446. After office hours, you may reach Dr. Weimar at his home #651-486-2908.

