



Gary A. Rosenfeld, D.D.S.
(631) 581-8600

CARE FOLLOWING DENTAL PROCEDURES

- **Proper Care of Blood Clot** – For three hours maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area, changing gauze every 20 minutes. If needed, replace gauze with another as provided. If bleeding persists, try biting on a wet tea bag.
- **Do Not Rinse** – or use mouthwash for at least 36 hours, but brush carefully. After 36 hours, rinse gently with warm salt water. Use a concentration of $\frac{1}{4}$ teaspoon of table salt in eight ounces of warm water, two to three (2-3) times a day. The use of commercial mouthwashes during the healing period is *not* encouraged.
- **Pain** – Following dental surgery, discomfort should be controlled by the medication prescribed. Follow the directions. If pain persists, simply call Dr. Rosenfeld, because your comfort is important to us.
- **Toothbrush** – Use it carefully but thoroughly. A clean mouth heals faster.
- **Eating, Drinking and Smoking** – Avoid alcoholic beverages, and avoid smoking, blowing your nose, and spitting excessively, until healing is well established. Adequate food and fluid intake following surgery is important. *Do not consume liquids through a straw.* If your regular diet is too difficult, you may supplement it with liquids, but no alcohol, carbonated beverages, or hot liquids should be consumed. Should you find yourself unable to chew solid foods of any kind, call Dr. Rosenfeld.
- **Avoid All Excessive Activity** – Do not do things that will raise your blood pressure. Go home, lie down, and rest. Do not disturb (pick at) the surgical area.
- **Sutures** – If sutures were used in your treatment, be sure to return for their removal on the appointment date given.
- **Medication** – If you were given medications, take them according to instructions. If you have pain medications at home, you may take them according to the instructions.
- **If your pain, discomfort, or bleeding continues or worsens – call Dr. Rosenfeld for a re-examination.** If any problems or questions arise, please feel free to call Dr. Rosenfeld at 581-8600 or his emergency number at 786-9683.