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**** Patient instructions following oral surgery ****

Unless otherwise directed **DO NOT RINSE** out your mouth until the following day.

Beginning the next day, gently rinse your mouth with warm salt water every hour. This will help healing. (1/2 teaspoon to one cup warm water.)

Keep taking nourishment. Try not to miss a meal. Begin with thick soup, milk or jello. You will feel better and have less pain if you continue to eat.

Drink lots of liquids but no carbonated beverages or alcohol.
Avoid **SMOKING**, drinking through a straw or bottle and spitting. Only drink out of a glass for the first 24 hours. Do not bend over from the waist to pick-up anything. Prop yourself up with a lot of pillows to sleep.

Get as much rest as possible. **NO STRENUOUS ACTIVITY**. This will cause your blood pressure to increase.

IN CASE OF BLEEDING:

After your tooth is removed, a gauze compress was placed on the wound and you were asked to keep jaws closed firmly for one hour. This is to help stop the bleeding and keep the saliva away from the open tooth socket.

If bleeding continues place fresh wet gauze over the socket, close and apply steady pressure for one hour. If these measures do not seem to control the bleeding, call the office or our emergency line.

Symptoms that may occur:

Pain and swelling to some extent

Socket may ooze into the night. This is normal unless excessive bleeding occurs

Remember, having one or more of your teeth extracted is not an immediate cure for pain. You still may have some discomfort with that area. You have to take care of yourself, follow our instruction and you will start to feel better each day. If however, you are having severe pain with swelling after a couple of days we may need to see you for an evaluation. Thank you,

The doctors and staff at Shelley Shearer, DMD, PLLC