

Lexington Dental Care

Post-visit instructions

Dr. Kim: (Text or call) 617-410-6460

Instructions for today:

Avoid hot fluids/foods today

Place cold compress on face on and off for 10 minutes at a time as much as possible for the first 24 hours. This will minimize swelling and bruising.

No vigorous rinsing, drinking through a straw, or spitting so the blood clot will not be dislodged and cause a "dry socket".

A "dry socket" can develop 2 days after the surgery and cause very intense dull pain and could last up to 2 weeks. It is best to avoid a "dry socket" by follow these post visit instructions.

Rest as much as possible with your head elevated to minimize swelling for the first 24 hours. No vigorous exercising for 3 days.

Slight bleeding is normal for several hours. If persistent bleeding occurs, place a tea bag that has been wetted and squeezed directly on the site and apply light pressure for 15-20 minutes.

Repeat as necessary.

For pain, it's best that you start taking pain medication BEFORE the anesthesia wears off as the pain is harder to control once it starts. Its best to stay ahead of the pain Take 4 OTC Ibuprofen (Motrin or Advil) at once followed by 2 Tylenol 2 hours later. Then alternate 2 OTC Ibuprofen and 2 Tylenol regular strength or 1 Extra Strength Tylenol every 2 to 4 hours depending on the pain level.

If you have been prescribed Antibiotics or Medrol, please make sure to finish the dose.

Avoid eating in the surgical area. Avoid acidic drinks and foods with small seeds (strawberries, sesame seeds, etc.), nuts (almonds, peanuts, etc.) and hard crunchy foods (chips, hard crusted bread).

Drink plenty of fluids

Do not used tobacco or drink alcohol as these will compromise the healing process.

After 24 hours, you can start rinsing with warm salt water (1 cup warm water to 1 teaspoon of salt) 2 to 3 times a day for 2 weeks.

For the surgical area only, avoid area for 2 weeks except for very gentle brushing. 2 weeks after the sutures are removed, normal hygiene can be resumed in this area. At all times normal homecare routine can be continued for all other areas.

After surgery, some tooth sensitivity may occur. This can be alleviated by using a toothpaste like Sensodyne. If the sensitivity is severe, please call the office, so we may apply a fluoride varnish to reduce the sensitivity.

Some sutures dissolve in 7-14 days. For Sutures that do not dissolve return to have those removed. If they come out prematurely (within 7 days) post-surgery, please inform Dr. Kim

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