



**PLYMOUTH VALLEY  
DENTAL GROUP**

832 Germantown Pike, Suite 1  
Plymouth Meeting, PA 19462  
OFFICE 610.277.0996  
FAX 610.275.5075  
plymouthvalleydental.com

## **INSTRUCTIONS FOLLOWING EXTRACTIONS OR SURGICAL PROCEDURES**

- ◆ Do NOT rinse your mouth, spit or swish. DO NOT drink anything through a straw. This may dislodge the blood clot
- ◆ Place ice on the area of the face near the surgical site for twenty (20) minutes on and twenty (20) minutes off for the first day of and after the surgery.
- ◆ If no prescription is given please take Ibuprofen(Advil, Nuprin, Motrin) or Tylenol. NO aspirin or aspirin based pain relief medicines.
- ◆ If an antibiotic is prescribed for an infection, be sure to finish all of the medication.
- ◆ If prescribed Perioguard/Peridex mouth rinse, please rinse with 1 cap full twice a day starting 24 hours after your appointment. Please use all of the mouth rinse. Each bottle should last approximately 2 weeks.
- ◆ Rest for the remainder of the day. Vigorous activity may disturb the blood clot.
- ◆ You may eat after the bleeding stops and the numbness wears off.
- ◆ If the bleeding does not stop after one hour, wet another piece of gauze and bite on gauze for 30 minutes. If still bleeding try biting on a wet tea bag for another 20 minutes.
- ◆ There will be NO smoking for the first 48 hours and also no alcohol is permitted. These vices will both prolong bleeding and disturb the blood clot.
- ◆ Clean all teeth in the area of the surgery gently, avoiding contact with the site for the next few days. If instructed, you may rinse your mouth with warm salt water after each meal (1/2 tsp. Of salt in 8 oz of warm water).
- ◆ If stitches have been placed, avoid touching them with your tongue since they may loosen. Be sure to come in for your scheduled appointment to have the sutures removed.
- ◆ If you have any problems or questions, please feel free to call the office at **610-277-0996**. We want your healing to take place without any unnecessary discomfort.