



JENNIFER M. BEITLER, D.D.S.

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## INSTRUCTIONS FOLLOWING EXTRACTIONS OR OTHER SURGICAL PROCEDURES

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### **BLEEDING**

Bite down on sterile gauze pad for half an hour, changing gauze every fifteen minutes. If the bleeding has not subsided, continue biting on gauze at fifteen minute intervals. If bleeding persists for over 2 hours, contact the office immediately.

### **PAIN**

Some discomfort may be experienced following surgical procedures. Two Ibuprofen (Advil, Motrin) every 4 hours will usually relieve the pain for adults. In the case of children, any over the counter children's strength pain medication will be adequate. If a prescription has been administered, take as directed.

### **MOUTH WASH**

Do not rinse your mouth today. Tomorrow, use a salt solution (one teaspoon of salt dissolved in a glass of warm water) every three hours to cleanse the affected area.

### **SWELLING**

Some swelling of the jaw may be noticed. Do not be alarmed by this normal reaction of the irritated tissues. Apply an ice bag or a towel wrapped around cracked ice to the affected area for a ten minute interval. Remove for ten minutes. Repeat this procedure until the swelling is relieved.

### **EATING**

Cool, soft foods (mashed potatoes, broth, applesauce, etc...) are desirable for the period immediately following your visit. Tomorrow, eat whatever you can tolerate.

**REMEMBER**, no spitting, rinsing, using a straw for beverages, consuming alcoholic beverages or **SMOKING** for the **NEXT 24 hours**.

Contact office in case of prolonged pain, excessive bleeding, or any other unusual development.

**Dr. Beitler's emergency number is: (301)943-5619**