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General Dentistry

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POST-OPERATIVE INSTRUCTIONS TO PATIENTS

1. Maintain pressure over the extraction site for 20-30 minutes by biting on gauze sponge. Then remove and throw away.
2. Rinsing: Do not rinse mouth with any type of mouthwash for 24 hours. The next day it is good to rinse the mouth with warm salt water (1/2 teaspoon salt to a glass of warm water). Repeat this several times daily.
3. Diet: It is important that an adequate diet is eaten after the extraction. Soft foods such as cooked cereal, mashed potatoes, ground meats, soups, and vegetables are nourishing and can be eaten without discomfort.
4. Do not disturb the extraction site by sucking on it or playing with it with your tongue or fingers.
5. Bleeding: It is normal for the saliva to be slightly streaked with blood for about 1-2 days. If abnormal bleeding continues after leaving the office, apply pressure over the area by biting on a piece of gauze for 1-2 hours. If bleeding continues, then return to the office for treatment.
6. Pain: Following dental surgery, it is normal to experience some discomfort. If medication has been prescribed, take as instructed.
7. Swelling & Stiffness: It is normal and you should not be alarmed. Apply an ice pack to the side of the face on which the extraction was done, e.g., 15 minutes on then, off and continue for 24 hours. Then, change to moist heat, such as a towel dipped in warm water and held to the face on and off for several days.
8. Sutures: If sutures are placed, they normally start dissolving in 7-10 days. If the non-dissolving type for suture is used, your doctor will advise you when to return for removal which is usually within 5-7 days.
9. Avoid smoking and consuming alcohol beverages for 24-48 hours.
10. Call or return to the office if experiencing unusual symptoms.