

## IMPORTANT TO NOTICE

• **SMOKING:** The leading cause of post surgery failure is tobacco. Avoid smoking after the procedure. Tobacco slows the healing process, increases the risk of pain, and reduces the flow of oxygen into the tissue.



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## POST TREATMENT CARE ORAL SURGERY POSTCARE



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## POST TREATMENT CARE ORAL SURGERY

*After your surgery, oral health is your own responsibility, so it's very important for you to follow the next recommendations to ensure success.*

- **If bleeding occurs, do not rinse or spit the saliva. You must swallow it.** Lie down and place sterile gauze and bite with moderate pressure for at least **15 to 20 minutes without speaking.** Throw the gauze away and use a new one if the bleeding continues. Keep applying a cold compress in the affected area outside the mouth (in the cheek over the affected area).
- **Do not spit during healing process.** This is extremely important, spitting removes the clot that is stopping the bleeding and helping the wound to heal.
- **Avoid rubbing your tongue on the affected area.**
- Do exercises to **open and close the mouth** several times a day to avoid muscle stiffness.
- **Avoid blowing your nose;** doing so can cause the bony material to be displaced. If you need to sneeze, do so with your mouth open.
- **Swelling is normal,** especially the first days after treatment. To reduce it, a cold ice pack should be applied externally

- Hold the ice pack on the bruised cheek for a maximum of 10 minutes at a time, with a 20-minute break before applying again.

- **MEDICATION:** Take **only the prescribed pills** by your dentist, and avoid the intake of aspirins.

- **EATING:** Wait until the numbness in your mouth wears off, and **avoid drinking with the help of a straw** for the first days after surgery. **Keep a soft diet** the first ten days after treatment, with no greasy food, cold or hot liquids, and dairy products, which may cause bacteria to grow.



- **HYGIENE:** Brush carefully after every meal trying not to hurt the surgery area. When rinsing, place water in your mouth and, facing the washing bin, **open your mouth to let the water out without spitting.**

24 hours after the surgery, we recommend you to **rinse your mouth with warm salt water** multiple times a day to keep the area as clean as possible.

- **PHYSICAL ACTIVITY:** Avoid any kind of physical activity for at least two weeks, it can increase bleeding.

- **SLEEPING:** Keep your head higher than the rest of the body. If you lie flat, bleeding will be prolonged. You can use 2 or 3 pillows under your back to help you keep your head high.



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