



Peter K. Cocolis Jr.
DMD, PLC

POST OPERATIVE DENTAL CARE

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area.

1. Protection of the blood clot—Maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area or by biting on a tea bag which has been gently moistened and wrapped in a piece of gauze. Keep steady pressure for 30-45 minutes. Repeat as often as necessary.
2. Mouth rinsing—Do not rinse or use mouthwash for at least 24 hours. After 24 hours, rinse with warm salt water (1/2 teaspoon table salt in 8 oz. of warm water) every 1-2 hours. *Do not use Scope or Listerine.*
3. Pain—Discomfort following dental surgery is normal. It usually will peak 2-3 days after the procedure and then begin to get better. If medication has been prescribed, take as directed and as needed.
4. Control of Swelling—Gently apply ice packs to the area for periods of 20 minutes on, 10 minutes off. Continue this for the first 24 hours only.
5. Activity—Avoid all excessive activity (no running or sports). Do not drink liquids through a straw. No smoking, alcoholic beverages or picking at the surgical area. These things can dislodge the blood clot and slow healing.
6. Eating—Adequate food and fluid intake following surgery and/or extractions is very important. Immediately following surgery, soft foods such as soups, Jell-O, well cooked pasta, and ice cream are recommended. Stay away from pretzels, chips and crunchy foods. If you find that eating your regular diet is too difficult, you may supplement your diet with liquids such as Carnation Instant Breakfast, Slimfast and Ensure.
7. Follow-up—We like to follow up within the first week of an appointment to see how your healing is progressing. If sutures were used, they may need to be removed. Please remember your appointment date.
8. Allergic reactions—Allergic reactions include rash and itching. If experienced, please call immediately.
9. Other instructions: _____

10. If you have any questions or concerns, please call the office at (703) 912-3800. If it is after hours, you may reach Dr. Cocolis at (703) 585-6166 or Dr. Ngo at (703) 717-3850.