

**HIALEAH DENTAL SPECIALTY ASSOCIATES**  
**900 WEST 49TH STREET**  
**SUITE 400**  
**HIALEAH, FL 33012**

**POST-PROCEDURE INSTRUCTIONS**

**\*\*\*PLEASE READ BOTH SIDES OF THESE INSTRUCTIONS CAREFULLY\*\*\***

Sometimes the after-effects of dental procedures are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification. Our number is: 305/558-1211.

**DAY OF PROCEDURE:**

**FIRST HOUR:** Bite down gently but firmly on the gauze packs that have been placed over the extraction areas, making sure they remain in place. Do not change them for the first hour unless the bleeding is not controlled. The packs may be gently removed after one hour. If active bleeding persists, place enough new gauze to obtain pressure over the extraction site for another 30 minutes. The gauze may then be changed as necessary (typically every 30 to 45 minutes). It is best to moisten the gauze with tap water and loosely fluff for more comfortable positioning.

**EXERCISE CARE:** Do not disturb the procedure area today. Do **NOT** rinse vigorously or probe the area with any objects. You may brush your teeth gently. **PLEASE DO NOT SMOKE** for at least 48 hours, since this is very detrimental to healing and may cause a dry socket.

**OOZING:** Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

**PERSISTENT BLEEDING:** Bleeding should never be severe. If so, it usually means that the packs are being clenched between teeth only and are not exerting pressure on the extraction areas. Try repositioning the packs. If bleeding persists or becomes heavy you may **substitute a tea bag** (soaked in very hot water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

**SWELLING:** Swelling is often associated with oral dental procedures. It can be minimized by using a cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the extraction area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after the extraction. If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

**PAIN:** Unfortunately dental procedures can be accompanied by some degree of discomfort. You will usually have a prescription for pain medication. **If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better.** Some patients find that stronger pain medicine causes nausea, but if you precede each pain pill with a small amount of food, chances for nausea will be reduced. The effects of pain medications vary widely among individuals. If you do not achieve adequate relief at first, you may supplement each pain pill with an analgesic such as aspirin or ibuprofen. Some patients may even require two of the pain pills at one time. Remember that the most severe pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen.