



BOULDER CANYON  
D E N T A L

## Post Surgical Instructions and Care

After your surgery, it is important for your body's natural blood clot to form and remain to initiate the healing process. Please leave your gauze in for 30-45 minutes before removing it. You should not have to replace with new gauze unless you feel bleeding. If you do replace with new gauze, dampen the side that will be touching the surgical site with either a couple drips of water or a light smear of Vaseline to prevent the gauze from sticking. For the next 72 hours, please follow these instructions to allow proper healing and minimize delays and/or complications:

- Do not disturb the surgical site
- Do not rinse vigorously
- Do not suck on straws
- Do not smoke
- Do not drink Alcohol
- Do not drink carbonated beverages
- Do not drink or eat anything that is Hot
- Do not eat Spicy foods
- Do not brush teeth next to surgical site (for the first 24 hours)
- Do not participate in vigorous exercise
- Do not spit

If you want to gently rinse, then lean over sink and drool or whip mouth, again do not spit. It is common to experience mild to moderate pain and swelling (can last for 48-72 hours). If you were prescribed medications, please use as directed.

If you had a bone graft done, you may feel small particles in your mouth from time to time. This is normal. If you had stitches, please leave them alone as best as you can.

Drink Lots of fluids and keep to a soft nutritious diet. This can include smoothies, ice cream, mashed potatoes, and warm soups.

If after 72 hours, you are noticing increased pain and/or swelling, please call the office at 303-442-4437 and ask to speak with a dental assistant to go over possible complications.