

The Family Dentist
1763 Columbia Avenue
Lancaster, PA 17603
(717) 394-7218

Post Operative Care

In order to expedite your recovery, please adhere to the following guidelines after your dental procedure.

- Drink lots of fluids. Sports drinks work well. (Gatorade, Powerade)
- Place cold towel or ice on outside of your face as needed. Leave on 15 minutes, then off 15 minutes.
- Do not rinse mouth today.
- Eat what you can. Soft, cold foods are best. Be careful with the areas that were treated today.
- No strenuous activity.
- Bleeding is to be expected-if bleeding does not stop place a moistened tea bag over extraction area and bite down for 1/2 hour. Repeat until bleeding stops.
- For pain relief: Two 500mg Tylenol and Two 200mg Ibuprofen taken in combination every 4 hours
- Do not drink through a straw for at least 48 hours after treatment.
- No smoking for at least 48 hours after treatment.
- Tomorrow start RINSING with mouthwash and warm salt water (1/2 teaspoon salt to a glass of warm water). Repeat 5 times per day each.

If you have any questions or concerns about your treatment or post operative care, please contact the office at (717) 394-7218 and a member of the dental team will assist you.