



Castle Pines  
DENTAL CARE

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## CARE FOLLOWING ORAL SURGERY

- ☐ 1. **Proper Care of Blood Clot:** For one (1) hour, maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical site. If needed, replace gauze with another as provided.
- ☐ 2. **Do Not Rinse** or use a mouthwash for at least 24 hours, but brush carefully. After 24 hours gently rinse using warm salt water with ¼ teaspoon of table salt in 8 ounces of warm water 2-3 times daily. The use of commercial mouthwashes during the healing period is **NOT** encouraged.
- ☐ 3. **Pain:** Following dental surgery, discomfort should be controlled by the medication prescribed. Follow the directions carefully. If pain persists, call us at the office. Your comfort is important to us. Office # (303) 660-0782
- ☐ 4. **Toothbrush:** Use it carefully, but thoroughly. A clean mouth heals faster.
- ☐ 5. **Eating, Drinking and Smoking: Avoid** alcoholic or carbonated beverages as well as smoking until healing is well established. Adequate food and fluid intake following surgery is important. **Do not consume liquids through a straw.** If your regular diet is too difficult; you may supplement it with liquids. Should you find yourself unable to chew solid foods of any kind, call us.
- ☐ 6. **Avoid All Excessive Activity:** Do **NOT** do things that will raise your blood pressure. Go home, lie down, and rest. Do not disturb (pick at) the surgical area.
- ☐ 7. **Sutures:** If sutures were used in your treatment, be sure to return for their removal on the appointment date given.
- ☐ 8. **Medications:** You may take Ibuprofen for mild to moderate pain, usually 2-3 tablets every four (4) hours. If pain or infection is severe the following medications may be prescribed:

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Other Instructions: \_\_\_\_\_