

CARE FOLLOWING DENTAL PROCEDURES

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

1. Protection of 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 firm pressure for 45 minutes. Repeat as often as needed.
2. **DO NOT RINSE...**or use a 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 is recommended. (The use of commercial mouthwash during the healing period is NOT recommended).
3. Discomfort...following dental surgery it is normal to experience some discomfort. If medication has been given or prescribed, take as instructed.
4. The toothbrush...may be carefully used in the area of the mouth not involved in the surgical procedures. A clean mouth heals faster.
5. Eating...adequate food and fluid intake following surgery and/or general extraction is most important. If you find that eating your regular diet is too difficult you may supplement your diet with liquids such as Carnation Instant Breakfast (CIB any flavor). The high quality, nutritional value of CIB is important for prompt healing following such procedures. Should you not be able to chew solid foods of any nature, for several days or longer, follow the nutritionally balanced liquid diet.
6. ***Avoid...all excessive activity, don't pick at the surgical area, don't consume liquids through a straw, avoid alcoholic beverages and refrain from smoking until healing is well established.***
7. Sutures...if they were used, do not fail to return for their removal on the appointment date give.
8. Control of swelling...gently apply ice packs to area for periods of 20 minutes on, 10 minutes off. ***This procedure should continue for the first 24 hours only.***
9. Allergic reaction...for generalized rash, itching, etc...***call dentist immediately.***
10. ***Do not hesitate...to call if any questions.***

OTHER INSTRUCTION:

SEMI-LIQUID DENTAL DIET

If a semi-liquid diet should be necessary for several days, the following diet has been designed to assist you in selecting meals, which supply ample amounts of essential nutrients. The sample menu is approximately 2,000 calories and supplies adequate quantities of essential nutrients recommended by the Nutrition Board of the national Research Council, 1980.

<i>Basic Meal Plan</i>	<i>Sample Menu</i>
BREAKFAST	
Fruit Juice CIB mixed with milk Cooked cereal Sweets (optional) Beverage	6oz. Orange juice 1 serving of CIB made w/nonfat milk 1 cup Instant Farina 1 tsp. Honey Coffee or tea
LUNCH	
Soup Starch Smooth Entrée Fruit CIB mixed with milk	6oz. Vegetarian vegetable soup 1 pack (4 crackers) Saltines (dipped in soup to soften) 1 cup low fat cottage cheese ½ medium banana and ½ canned peach 1 serving of CIB made w/nonfat milk
DINNER	
Starch Smooth Entrée Vegetable Dessert Milk Beverage	1 cup cooked spaghetti noodles 4oz. Lean ground beef in ½ cup of tomato sauce ½ cup mashed winter squash ½ cup pudding made with milk 8oz. Nonfat milk
BEDTIME SNACK	
CIB mixed with milk	1 serving of CIB made w/nonfat milk

Entrees may consist of any flaked, shredded, ground, or pureed meats, fish, or fowl mixed with smooth sauces or gravies, or cheese or egg dishes.

Fruits and vegetables should be cooked, canned, pureed, or souffled. Desserts include custards, puddings, junkets, and ice cream.

CIB means Carnation Instant Breakfast – any flavor