

Susan J. Baker, DMD
LASER PERIODONTICS & DENTAL IMPLANTS

Congratulations! You have just completed your oral surgery. Please note the following to help minimize discomfort and aid healing.

- _____ 1. Rinse with warm salt water several times a day until soreness is gone. Use 1/2 teaspoon salt in a medium glass of warm water and swish gently for 30-45 seconds.
- _____ 2. DO NOT brush or floss the surgical area until you see us again. Clean the rest of your mouth normally. Starting tomorrow, rely on the Peridex rinse if we have prescribed it or Listerine to keep the area clean. Rinse with a capful for 45 seconds upon awakening and upon retiring at night.
- _____ 3. If we have prescribed an antibiotic, take ALL OF IT. If you've been given tetracycline, vibramycin, or doxycycline, please note that they can diminish the effectiveness of birth control pills. Please plan to use an alternative method of contraception. These medications can also cause sun sensitivity - please stay out of the sun or use a hat and sunscreen.
- _____ 4. Please take your pain medication for at least three days even if you do not experience discomfort. It will help the initial healing. You may use Ibuprofen and / or extra strength Tylenol.
- _____ 5. Ice applied on the outside of your face over the area will help minimize swelling. Apply 10 minutes on, 10 minutes off several times. Ice only works for 48 hours; then switch to heat.
- _____ 6. The area may bleed slightly for the first 24 hours. If you notice excessive bleeding, place a wet tea bag over the area, and APPLY PRESSURE.
- _____ 7. Smoking and/or tobacco chewing drastically reduces the healing of osseous surgery sites. If possible, please refrain from smoking or tobacco chewing for six weeks while the area heals.

**Please Call Dr. Baker if you have excessive discomfort, swelling, bleeding,
or if you have any questions.**

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