

## Care Following Dental Procedure

Proper care of mouth following most dental procedures can reduce complications and speed the healing of 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 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 mouthwashes during healing period is not encouraged.)
3. **DISCOMFORT**.... following dental surgery 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 by the surgical procedure. A clean mouth heals faster.
5. **EATING**.... adequate food and fluid intake following surgery and/or general extractions 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). The high quality nutritional value of CIB is important for prompt healing following such procedures. Should you not be able to chew solid of any nature, for several days or longer, follow the nutritionally balanced liquid diet on the reverse side.
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 given.
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 REACTIONS**.... for generalized rash, itching etc., call dentist immediately.
10. **DO NOT HESITATE**.... to call if any questions arise.

## 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 2000 calories and supplies adequate quantities of essential nutrients recommended by the Nutrition Board of the National Research Council, 1974.

| Basic Meal Plan   | Sample Menu  |
|---|--|
| Breakfast<br>Fruit Juice<br>CIB mixed with milk<br>Beverage<br>Cooked cereal<br>Sweets (Optional) | 6 oz. Orange juice<br>1 serving CIB with non-fat milk<br>1 cup instant Farina<br>1 tsp honey<br>Coffee or tea  |
| Lunch<br>Soup<br>Starch<br>Smooth Entrée<br>Fruit<br>CIB Mixed with milk                          | 6 oz. Vegetarian vegetable soup<br>1 packet(4 crackers) saltines(dipped in soup)<br>1 cup low-fat cottage cheese served with ½ medium banana and ½ canned peach<br>1 serving CIB with non-fat milk |
| Dinner<br>Starch<br>Smooth Entrée<br>Vegetable<br>Dessert<br>Milk Beverage                        | 1 cup cooked spaghetti noodles<br>4 oz. Can ground beef in ½ cup tomato sauce<br>½ cup mashed winter squash<br>½ cup pudding made with milk<br>8 oz. Non-fat milk                                  |
| Bedtime Snack<br>CIB Mixed with milk  | 1 serving of CIB made with non-fat 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 soufflé. Desserts include custards, puddings, junkets, and ice cream.