

# Jones Dental Care

## Post Operative Instructions

Some people may experience problems after having dental surgery. However, Drs. Ammon Jones and Aaron Jones have found that most post-operative concerns and problems can be eliminated by closely adhering to the following instructions.

For the first 24 hours:

- DO NOT: -Drink through a straw  
-Smoke, Spit, or Exercise  
(These can prevent blood clots from forming.)  
-Aggressively clean the area or eat hard foods
- DO: -Leave the moistened gauze in for about 45 min to 1 hr or until bleeding is stopped  
-If bleeding persists after removing gauze, roll and dampen a new one and place in mouth for 30 min.  
-Get plenty of rest!  
-Eat soft foods  
-Use a cold pack in 20 min increments if instructed by the doctors.

After 24 hours:

- PLEASE: -Rinse with warm salt water  
-Begin to gently clean the area and eat normally.

After surgery you will most likely experience aches and pains around the treated area. If necessary to help alleviate this, the doctor can prescribe a pain medication. Please remember that for your health and safety it is strongly recommended that you use them only as directed by the doctor and pharmacist. If pain continues or worsens after 2 days feel free to call the office 801-796-3535.