



**DARRYL A. FIELD, D.D.S., P.A.**  
Periodontics & Implant Dentistry

**PROCEDURES TO FOLLOW AFTER PERIODONTAL  
SURGERY/ DENTAL EXTRACTION**

1. Very slow, light bleeding is normal for the first 24-48 hours. If active bleeding persists, please call **Dr. Field at 923-4112**
2. During the first 24 hours, **DO NOT:**
  - smoke
  - suck through a straw
  - spit
3. During the first 48 hours, **DO NOT:**
  - Rinse your mouth
  - **Bone graft procedures**, do not rinse your mouth vigorously until seeing Dr. Field the following week, post-op visit.
4. It is very important to keep your mouth clean, continue regular brushing, being very careful to avoid the surgical area or extraction site.
5. Apply an ice pack to your face in the general area of the surgical procedure for 30 minutes on and 10 minutes off, for the first 48 hours. This will minimize swelling and help reduce the risk of possible bruising.  
If you do not have an ice pack at home, use a ziplock bag with 1/3 rubbing alcohol and 2/3 water. Place it in the freezer until slushy. This works great!
6. Take medication and follow the directions exactly as prescribed.
7. Nutrition is very important to the healing process. Soft, nutritious food (Examples: ice cream, milk shakes, cottage cheese, yogurt, pudding, jello, pasta, scrambled eggs, soup, tuna fish, pancakes, oatmeal, etc.) are fine. **Avoid**

extremely hot foods. **Avoid** Carbonated drinks for the first 24 hours and any alcoholic beverages.

8. Patients with small children should make arrangements for them to be taken care of the day of surgery.

9. If you have any questions, please call (904) 273-4373 or E-Mail ([jaxdentalhealth.com](mailto:jaxdentalhealth.com)).