

DENTAL EXTRACTION/BONE GRAFT POST-OPERATIVE INSTRUCTIONS

Leave the gauze pads in place for 45-60 minutes, maintaining firm pressure. Some bleeding or redness in the saliva is normal for 24-48 hours. This bleeding/oozing may continue throughout the first day. Although uncommon, persistent bleeding can be controlled by reducing activities, resting, and placing another gauze pad, biting with pressure, for an additional 30-45 minutes. If bleeding persists, you may substitute a tea bag (soaked in warm water, squeezed damp-dry and wrapped in moist gauze) for 30 minutes. If bleeding remains uncontrolled, please call our office.

Medications

Unfortunately, most oral surgery is accompanied by some degree of discomfort.

Pain medication

Take the first pill before the anesthetic has worn off. This will enable you to manage your discomfort more effectively. If you do not achieve adequate pain relief, you may supplement each pill with Advil/Motrin (ibuprofen). The effects of medicines vary widely among individuals. Please call the office if the pain is not controlled.

Please do not drink alcoholic beverages, drive a car, or operate machinery while taking prescribed pain medication.

Antibiotics

Take antibiotics on the specified dosing schedule. Yogurt with active cultures and/or acidophilus may be taken while on antibiotics to help minimize gastrointestinal side effects. If you develop severe cramping and/or diarrhea, please notify the office.

If you are on birth control pills, please be advised that antibiotics and other medications can and may neutralize the preventive effect of birth control pills, allowing for conception and pregnancy. Please consult your physician to initiate additional forms of birth control during the period of treatment.

Anti-swelling medication

If our team prescribed medication to help control swelling, please take the medication on the specified dosing schedule.

Prescription rinse

Rinse with the prescribed antibiotic rinse (Peridex) as directed.

Swelling

To minimize swelling, apply ice for 20 minutes on, 20 minutes off, throughout the first day. It is not uncommon to have a fair amount of swelling from this procedure. Swelling usually peaks between days two and three.

Bone Graft

If a bone graft was placed, it is very important not to disturb the bone graft. You may find some small granules in your mouth for the first several days. This is not uncommon. To minimize the amount of particles that become dislodged:

- Do not vigorously rinse or spit for 7 days.
- Do not use a straw.
- Do not apply FIRM pressure to the grafted area.
- Do not touch or manipulate the site with your tongue or fingers.

DENTAL EXTRACTION/BONE GRAFT POST-OPERATIVE INSTRUCTIONS (CONT.)

Sutures

Sutures were placed to control bleeding and to aid in the healing process. Do not lift or pull up your lip to look at the stitches. The sutures will usually dissolve in 5-10 days.

Brushing

Begin your normal oral hygiene routine as soon as possible after surgery. Keeping your mouth clean after surgery is essential. It is very important to keep the surgical area free of debris and dental plaque.

Mouth Rinses

Do not rinse the day of surgery. Beginning the next day, mix ¼ teaspoon of salt in an 8-ounce glass of warm water and gently rinse two or three times daily for the next week (in addition to your prescription mouth rinse, if prescribed).

Diet

We recommend a soft diet and liquids for a few days or until you feel comfortable returning to your normal diet.

If you are diabetic, maintain your normal eating habits as much as possible and follow instructions from us or your physician regarding your insulin schedule. You may need to test your blood sugar more frequently during the first 48 hours post-operatively.

Smoking

Do not smoke. Smoking inhibits healing and may cause a dry socket.

Our team wishes you a smooth and pleasant recovery. Following these instructions will assist in your post-operative healing. If you have any questions, please call the office during office hours for a faster response. A 24-hour answering service is available for after-hours contact with the doctor.