



## Extraction and Bone Grafting- Post Operative Instructions

**Assistance for IV sedation procedures:** Following surgery, your reflexes, depth perception and judgment may be impaired for several hours. A responsible party should stay with you for the remainder of the day to assist with meals, medication, navigation to the rest room, etc.

**Bed Rest:** Plan to rest for the remainder of the day. Advance activity the next day, but take it easy; too much activity can increase swelling.

**Swelling/Bleeding:** After extractions and grafting, some degree of bruising and/or swelling is to be expected. Maximum swelling occurs within 48 hours following surgery and may last for several days. Apply ice packs to the outside of your cheek(s) for 15-20 minutes at least four times the first 24 hours. Blood in your saliva is normal for the first day or two. Place pressure on the area with the gauze provided in your post op pack, or use a moist tea bag and gently apply pressure for 10-15 minutes. If bleeding continues or is heavy, please call our office.

**Pain:** Pain can occur any time within the first two weeks, often immediately after surgery for 2 days, at the 4-5 day mark, and should decrease after this time. If appropriate and not prohibited by your physician we recommend a pain regimen of 600 mg ibuprofen and 325 mg acetaminophen every 6 hours for the first two days and as needed thereafter. If you are unable to take these medications please inform your dentist and an alternative will be provided.

**Brushing/Rinsing:** Brush your teeth as usual, keeping your mouth as clean as possible throughout your recovery. Avoid touching the bristles of your toothbrush to the area of surgery. Avoid water picks and electric tooth brushes for 2 weeks following surgery. The day after surgery, rinse with warm salt water twice a day. Avoid vigorous rinsing. If a prescription rinse has been ordered use as directed. Leave partials or denture(s) out unless otherwise instructed or until the doctor reinserts it for you.

**Prescriptions:** You may begin taking medication after you have had fluids or something to eat. Take all prescribed medications as directed. The antibiotic must be taken until finished. DO NOT drive a car, operate machinery or drink alcoholic beverages while taking prescribed pain medications.

**Graft:** Some small granules may be noted after surgery, this is normal. A plastic membrane is placed over the bone to keep it intact until a clot can form around it stably. If the membrane comes out (white plastic), do not be concerned unless a large amount of sand-like material comes out with it. If the latter happens please contact the office immediately.

**Stiches:** The stiches used will dissolve in 5-10 days following surgery or taken out by the doctor at the follow-up visit. It is not unusual for small pieces of sutures to come out prior to this time. If the sutures need to be removed, you will be notified, and an appointment will be made for you. Avoid playing with your implant or caps with your tongue.

**Diet Tips:** Soft food diet for the first two weeks following surgery (ex: mashed potatoes, smoothie, milkshake, pudding). Avoid the area of surgery with chewing. Drink plenty of fluids throughout your recovery to avoid dehydration. Avoid spicy or hot temperature foods as this can burn the tissue. Avoid anything with seeds or foods that can become stuck in surgical site.



PAYNE  
DENTISTRY

**Other Important Information:** DO NOT smoke or use smokeless tobacco during your healing process. The tars and nicotine may delay healing or cause prolonged bleeding. Bisphosphonate therapy (Fosamax, Boniva, etc.), has been shown to cause osteonecrosis of the jaws which may result in loss of your implant(s). DO NOT use straws, as the suction can dislodge the clot or bone graft material.

**For Women Only:** Do not breast feed for 12 hours if you were sedated for surgery. If you are using oral contraceptives, please note that antibiotics and other medication may interfere with their effectiveness. An alternative form of birth control should be used for one complete cycle of birth control pills after the course of antibiotics or other medication is complete.

Questions? IF you have any questions or concerns, please do not hesitate to call our office. (210)824-2111