

Extraction and Socket Grafting - Post-Operative Instructions

Medication: The prescribed antibiotic **must** be completed.

Discomfort: Ibuprofen (Advil) and Acetaminophen (Tylenol) are usually sufficient. I recommend 600 mg Ibuprofen every 6 hours. If needed, 2 Tylenol extra-strength (500 mg each) can be taken in addition to this (in between Ibuprofen doses). Please contact me if these medications cannot manage your post-operative pain, in which case stronger pain medications may be prescribed.

Bleeding: It is not unusual to have mild post-operative bleeding. If the site continues to bleed rest and apply constant pressure with moist gauze or a moistened black tea bag for 20-30 minutes.
To reduce risk of bleeding, please follow the following instructions for the next 1-2 days: **Do not rinse your mouth rigorously; Avoid intense physical activity; Do not drink through a straw or smoke; Do not spit; Do not drink alcohol for 24 hours following surgery.**
You may want to cover your pillow to avoid staining it the night following surgery.

Swelling and Bruising: To reduce risk of swelling and bruising, use a cold pack (ice or frozen vegetables) wrapped in a moist towel on the side of your face -10 minutes on and 10 minutes off for the first few hours following the surgery. Swelling may start 24-48 hours after the surgery.

Diet: Try to limit your diet to softer foods: eggs, pasta, fish, etc. Please avoid any hard foods: apples, carrots, nuts, steaks.
In general, your comfort level will increase as healing progresses.

Oral Hygiene: After surgery, it is important to keep your teeth and mouth as clean as possible. Anti-bacterial mouthwash will be prescribed to you. Please use it twice a day, **starting the day after the procedure**. Ideally, do not eat, drink, or rinse your mouth for 30 minutes after mouthwash to allow for optimal effect. Saltwater rinses (1 tsp of table-salt in 1 cup of water) can also be used. Please do not brush the area of the surgery until your post-op appointment.
Non-treated areas can be brushed normally.

Post-operative appointments: You will be seen for a 2-weeks post-operative visit to assess initial healing and suture removal. We will also discuss specific oral hygiene instructions.
Membrane removal, if necessary, will be completed 4 weeks following the procedure.

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