

## Post Surgical Instructions for: Extraction, Bone Grafting & Regeneration

### Brushing / Flossing

- Do not brush or floss the treated area(s) for 1 week.
- You may brush and floss all other teeth normally.
- You will be scheduled for a follow-up appointment in 7-10 days and proper brushing and flossing of the area(s) will be reviewed at that time.

### Eating

- Softer foods will be desired for the first few days. Avoid crunchy, hard, spicy, salty foods (pretzels, nuts, chips) as they will irritate the treated area(s)
- Avoid hot foods for the 1<sup>st</sup> day (hot soups, coffee, tea) as they will increase swelling to the treated area(s). Warm foods can be consumed on the 2<sup>nd</sup> day.
- Cut food into small pieces and chew on the untreated side of your mouth
- Avoid drinking with a straw for 3 days as this can create bleeding

### Discomfort and Swelling

- It is normal to experience pain, throbbing or discomfort. Typically the first 2-3 days is when the most soreness occurs. The discomfort can last up to one week and possibly into the 2<sup>nd</sup> week
- “Delayed discomfort” is possible. This means that you may feel little to no discomfort the 1<sup>st</sup> week but do experience some the 2<sup>nd</sup> week
- Swelling of the gum and cheek is normal. A cold pack can be gently placed on the outside of the cheek for up to 20 minutes every 2 to 4 hours. This is most effective the first 24 to 72 hours following the surgery
- Minimize talking as much as possible the first day in attempt to help with discomfort and swelling

### Bleeding

- It is normal to experience slight bleeding for the first 2-3 days
- Gauze will be sent home for you to bite on if the area bleeds. Fold 2 pieces of lightly moistened gauze into a small square; place it in the extraction site and bite. Change the gauze about every 5 minutes until you no longer see any blood
- Some medications can increase the amount of bleeding such as **aspirin, plavix, coumadin**
- If the area continues to bleed with the gauze in place, remove the gauze and replace with a moist small tea bag. The tannic acid in the tea will help to control the bleeding. Unfortunately the taste is not pleasant
- If excessive bleeding occurs after attempting the above procedures, **call the office # 317-844-2792 or after hours Emergency # 317-691-4169**

### **Sutures**

- Sutures (stitches) are resorbable and will come out within 5-10 days. They may untie and become loose. Do NOT attempt to pull or remove the sutures. If they are long and bothersome, you can trim them with small scissors

### **Working**

- It is not advised to return to work the same day of surgery due to possible discomfort and bleeding
- You likely will be able to return to work the following day
- **If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day**

### **Exercising**

- Avoid exercising or heavy lifting for 2 days

### **Smoking**

- It is best not to smoke during the 1<sup>st</sup> week following the surgery as it will delay the healing process

### **Prescription Mouth Rinse**

- Rinse twice daily (after breakfast and before bedtime) for 1 week

### **Antibiotic**

- Take as directed until gone

### **Pain Medication**

- Take as needed
- Ibuprofen, Tylenol, Advil, or prescribed medication

### **1 Week Follow-Up Appointment**

- An appointment will be scheduled for you to return 7-10 days following the surgery to evaluate the healing of the treated area(s)
- At this time, your next follow-up appointment will be determined

### **Questions or Concerns**

- **Office # 317-844-2792**
- **After hours emergency # 317-691-4169**