

We hope your recovery from your extraction and bone placement procedure is as comfortable for you as possible. Listed below are some simple tips for you after your procedure.

Post-op Instructions – Extraction with Bone Placement

What to expect following surgery:

- Bone particles have been placed in the extraction site and covered with a membrane designed to absorb within 24-72 hours. The membrane is placed to aid in clot formation.
- It will take an average of two weeks for initial healing of gum tissue and about 4 months for bone healing with bone graft. During this time color change of the site can be expected.
- No brushing teeth adjacent to extraction site for two weeks. The prescribed mouth rinse you were given will cleanse the area during the 2 weeks.
- Avoid lifting the lip with your fingers to look at the area. It is possible to accidentally tear the sutures, open the incision, and delay healing.
- You can expect bleeding to be present for the first 24 hours after surgery. Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.

Bleeding: A rolled up gauze pad will be placed on the extraction site prior to you leaving the office. You can remove the gauze 30 minutes after your departure from the office. If bleeding should start again, use one to two pieces of the gauze you were given to apply firm pressure with your finger for a total of 5 minutes - bleeding should stop within 3-sets of 5 minutes. If bleeding does not stop, please call the office or emergency line. ONLY apply gauze and pressure if active bleeding.

Smoking: Smoking or a history of smoking puts a patient at higher risk for Graft failure. Smoking should be stopped following surgery.

Pain: Pain can be expected and is normal. Level of pain is different for every patient. If prescription pain medication is prescribed, take it as instructed on the label. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications. If prescription pain medication is not prescribed, you may take over-the-counter Tylenol, Advil or similar non aspirin pain reliever as directed on the bottle.

Nausea: This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water. If an antibiotic has been prescribed, it can upset the stomach as well. An over-the-counter probiotic in conjunction with an antibiotic can decrease stomach upset.

Swelling: Swelling after surgery can be expected for up to a week after surgery. Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, and then remove for 15 minutes. Continue this for the first day.

Numbness: The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area.

Brushing: Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 10 days.

Rinsing: Avoid all rinsing or swishing for 24 hours after your procedure. Avoid commercial mouth rinses with alcohol. You may be instructed to use a prescription antimicrobial mouth rinse. If a prescription rinse is not prescribed, you may rinse with a warm saltwater solution for 2-3 minutes as needed. Rinse gently. **Do not** rinse vigorously. **Avoid** alcohol rinses. **Avoid** rinsing with hydrogen peroxide.

Diet: Eat soft foods for the first three days. Maintain a good, balanced diet. Avoid nuts, foods with small seeds and chips for two weeks post-surgery. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid alcohol for 48 hours.

Activity: After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing. If you are an active person, you may return to light activity the following day if feeling well.

Antibiotics: If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months. An over-the-counter probiotic is recommended to take in conjunction with an antibiotic to decrease stomach upset. Avoiding or not taking an antibiotic can lead to post-op infection and early Graft failure. Please call the office if you are having any major issues with prescribed antibiotic.

Sinus: If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.

Removable appliances, dentures: Your dentist will give you specific instructions about your prosthesis.

Follow up appointments: You will need to return to the office for follow-up appointments. Appointments are to check healing and remove sutures if necessary.

Please call your dentist if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems
- pain that cannot be controlled with RX medication

*Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected. After a few days you will be fine and can resume your normal activities. If you should have heavy bleeding, severe pain, continued swelling for 2-3 days, or a reaction to the medication, call our office immediately at **505-293-2211 or 505-715-2772 (after hours)***