



Post Operative Instructions for Extractions and Bone Grafting

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call our office.

FOR THE REMAINDER OF THE DAY:

Do not spit. Use a tissue to wipe your mouth as needed, or swallow your saliva.

Do not use a drinking straw. Drink straight from the cup.

Do not smoke for 3 weeks after surgery.

Keep fingers and tongue away from the surgical area.

Spitting, the use of a straw, smoking, and poking can dislodge the blood clot that is forming, and will cause bleeding from the area. Also, smoking can increase the chances of an infection and slows healing.

It is normal for small amounts of the bone grafting material to come out of the extraction site. If this occurs do not be concerned.

If sutures come loose before 14 days, please contact the office as soon as possible.

FOR BLEEDING:

You may be given a gauze pack to place on the extraction site for 45 minutes to help control bleeding and help the blood clot to form. **Do not chew or suck** on the gauze, rather bite with mild/moderate pressure. If you have oozing or bleeding after the pack is removed, apply new gauze. Fold the gauze into a square and place on extraction site. Apply mild to moderate pressure by closing the teeth onto the pad for 20 minutes. Small amounts of oozing is normal for the first 12 hours after extraction; however, if you are experiencing uncontrolled and excessive bleeding, please contact Dr. Mark Link at 303-859-2527 or Dr. Jean Link at 303-859-2564.

If a plastic retainer is given to you at your appointment please wear it to protect the extraction/graft site.

After the extraction and bone grafting, a blood clot forms in the tooth socket. Limit strenuous activity for 24 hours to decrease bleeding. This is an important part of the healing process. Avoid activities that may disturb the clot such as smoking, rinsing the mouth too vigorously or sucking through a straw. You don't want to dislodge the clot and delay healing so **do not brush your teeth near the extraction site**.

Brush the other teeth thoroughly and rinse lightly. This will help with the unpleasant odor or taste associated with extractions. Use the Chlorhexidine rinse by applying it to the extraction site with a small, soft paint brush or Q-Tip saturated with the rinse. Do not swish liquids in the area of the extraction/graft. You can brush the site normally after the soft tissue has completely covered the extraction site (approximately 4 weeks).

FOR SWELLING:

Pain and swelling are normal. Take your pain medication and apply cold compresses to the outside of your face at the point of swelling. Use store bought cold packs or make your own by placing ice cubes into a plastic bag and wrapping it around the area with a hand towel. The general rule is 20 minutes on, 20 minutes off for 3 to 5 hours after the procedure.

EATING:

First 24 hours – your first meals should consist of cold liquids alone. Dietary supplements such as Instant Breakfast or Ensure work well. AVOID drinking through, or using, a straw.

Drink lots of cold, nutritious fluids. Avoid alcoholic drinks, hot or spicy foods or hot drinks. Try soft foods in the days that follow and try to chew on the opposite side of the mouth having the extraction.

MEDICATIONS:

Discontinue medications if you develop hives or itching. Call Dr. Link immediately or call your local emergency room if you experience difficulty in breath or become faint.