

Post-Operative Instructions

Following Tooth Extraction and Bone Grafting

DO NOT smoke or use tobacco of any kind following surgery,

This WILL prolong healing.

Medications

- If you took a sedative prior to your appointment, DO NOT drive for the next 24 hours.
- Antibiotic: It is important that you take this on time, and completely.
- (Failure to do so may result in infection)
- Mouth Rinse: 24 hours after surgery, gently rinse twice a day for 30 seconds. Between meals you can rinse with warm saltwater.
- Pain Medication: Take your prescription immediately following dental surgery, then as prescribed for the first day.

You may take the pain medication as needed thereafter.

Food

- Do NOT eat anything solid or hot while you are still numb (you could bite or burn yourself).
- Do NOT spit or suck for two days following surgery (No straws, mints, hard candies, popsicles, cigarettes)
- Drink plenty of fluids (preferably cold drinks the day of surgery).
- It is recommended that you eat a soft, nutritious diet for a few days following surgery.
- (Pasta, eggs, fish, soup, yogurt, canned fruits, cottage cheese, mashed potatoes, ice cream)
- Avoid hard, crunchy foods, and foods containing small seeds.
- (Chips, apples, carrots, celery, lettuce, peanuts, popcorn, strawberries, hard meats)

WHAT TO EXPECT

Discomfort

- Generally patients will describe an achiness, which will decrease each day following your procedure, although this can vary from person to person. Keep up with the pain medication as needed.
- Some patients will have a slight headache due to TMJ (jaw joint) strain.

Bleeding

- Typical bleeding last 4 to 6 hours.
- It is NOT uncommon to experience oozing for up to 24 hours following surgery.

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- Remember, a small amount of saliva mixed with blood may lead you to believe that your bleeding is worse than it actually is.
- Use the gauze pads as needed, generally changing it whenever it is too moist, until bleeding stops.
- If there is uncontrollable bleeding that is not slowing, apply a cold moist tea bag wrapped in gauze to the affected area. This applies only to extraction sites. (There is tannic acid in tea which may help stop or slow bleeding)
- DO NOT LEAVE GAUZE IN THE MOUTH WHILE EATING OR SLEEPING

Swelling or Bruising

- Slight to moderate swelling is expected.
- Typically the worse swelling occurs on the third day, and then will gradually decrease.
- To help control the swelling, use a cold pack for 15 minute intervals (15 minutes on & 15 minutes off) until swelling has peaked.
- If you are still experiencing swelling on the fourth day, you can use warm, moist compresses on the outside of your face.
- Possible bruising is also expected, and may appear anywhere from the third to the fifth day.

Care of the Mouth

- Do NOT brush or floss around the surgery site until after suture removal.
- Do brush and floss normally in other areas of your mouth and use the prescribed rinse as instructed.

Rest

- DO NOT vigorously exercise or exert yourself for 48 hours.
- Do try to keep your head elevated while resting or sleeping for the first two days.
- You should contact our office if you have...
 - Uncontrollable bleeding after the above measures have been taken.
 - Severe, uncontrollable pain.
 - Profuse swelling after 3 days that has only gotten worse or is not decreasing in size.
- If you have any questions or concerns, please don't hesitate to contact our office at (817) 510-2960.

Please call if you have any questions or concerns.

817-510-2960

After hours: 682-228-9088

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