

## **POST-OPERATIVE CARE FOLLOWING EXTRACTIONS IMPLANTS**

*To ensure rapid healing and to avoid complications that could be both harmful and painful to you, please follow these instructions carefully.*

**BLEEDING:** You have been given a supply of gauze. To prevent unnecessary bleeding, maintain gentle pressure over the area by biting on a piece of gauze placed over the surgical site. Change the gauze in your mouth every 15-20 minutes until bleeding has significantly decreased. If more gauze is required, they are readily available in drug stores. It is not unusual to have some slight oozing for up to 24 hours following surgery especially if bone grafting was placed. Rest today and keep your head slightly elevated. Do not engage in physical activity since this promotes bleeding.

**SWELLING:** You have been given an ice pack to help prevent swelling. Your ice pack should be applied on the side of your face adjacent to the surgery site. To the extent possible, apply for periods of 20 minutes on and 5 minutes off until bedtime on the day of surgery. By 48 hours, swelling should be noticeably decreased. If it is not, please call the office. In the event of facial or neck bruising, this is normal and its resolution can be expedited with frequent heat packs and gentle massage.

**EATING:** It is important to get adequate nutrition after surgery to help the healing process. You may want to start with fruit juices and then progress to a soft diet. Begin chewing foods when you are able to do so without it hurting. Where your teeth were removed, your jaw is now hollow and somewhat weaker than before. For that reason, you should not chew or tear food forcefully for 5-6 weeks. Doing so could bring about a bone fracture or implant loss (if applicable).

**RINSING AND BRUSHING:** Do not rinse for the first 24 hours, since this will contribute to clot dislodgement and dry sockets. After 24 hours, rinse with warm salt water (1/2 tsp in 8 oz of water every few hours). Other actions that can contribute to potentially painful dry sockets are using a straw and smoking. It is best to refrain from smoking for 4-5 days. Starting on the day after surgery, carefully brush in areas of the mouth not affected by the extractions.

**MEDICATIONS:** If pain medication was prescribed to you, pick it up from the pharmacy as soon as possible and take it as directed. Generally, a long-acting local anesthetic is used, which may prolong numbness and pain relief. If you were placed on an antibiotic prior to surgery, please finish all doses.

**POST-OPERATIVE:** In most cases, a suture is placed in the area. You will be appointed to return 7-10 days after your dental surgery to have the suture removed and to make certain that healing is progressing normally. If an implant was placed, we will see you back every 4-6 weeks for x-rays to monitor healing leading up to the final implant restoration.

**UNFORSEEN COMPLICATIONS:** If you suspect any problems with the normal course of healing, (severe pain, swelling, uncontrolled bleeding) do not hesitate to call immediately.