



POST-OPERATIVE INSTRUCTIONS FOR EXTRACTION GRAFT PATIENTS

These instructions will guide you through the first few days of recovery. All patients heal differently - listen to your body. If something hurts, do not do it!

If antibiotics are prescribed start taking them 3 days before the surgery.

Bleeding is Normal and Expected

- After leaving the office, gently bite on gauze, replacing it with new gauze as needed. Remove gauze when eating or drinking, then replace if bleeding persists.
- If bleeding is not controlled with gauze alone, moisten a tea bag then apply it directly to the extraction site. This will help your body create a blood clot.
- Blood (pink) tinged saliva is normal for the first 24-48 hours.

Numbness Will Last for Several Hours After Surgery

- Begin taking post-operative medications shortly after you arrive home. Follow the medication instructions on the reverse page.
- After numbness has subsided you may add other warm nourishing foods to your diet sticking with soft foods that require limited chewing. This includes soups, scrambled eggs, and mashed potatoes.
- Drinking through a straw IS permitted.

Dietary Guidelines

- Eat soft, cold nourishing food limiting your intake to liquids, pureed or soft-cooked foods. High calorie and high protein meal replacement shakes are recommended to have on hand.

Swelling is Normal and Expected

- Swelling will typically peak about 24-48 hours after surgery and will subside within a week.
- During the first 24-48 hours, we recommend applying ice packs to help control bleeding.
- Once the bleeding is under control and swelling begins, you may switch to warm, moist heat to help with discomfort. (Gel packs can be warmed in the microwave for 10 seconds)

Sutures Will Dissolve Over the Next 7-10 days

- But may come out as early as the ride home if you move your mouth too much. They cannot be replaced.

Restrict Your Physical Activity for 5-7 Days After Surgery

- You may return to work or school as you feel ready, typically 2-3 days after surgery.

Oral Hygiene is Important and Promotes Healing

- If you smoke, do not smoke during the first 48 hours.
- Rinse gently with warm salt water 3-4 times per day for the next 7-10 days, beginning the morning after surgery.
- Brush your teeth and avoid surgical areas.

BONE GRAFT INSTRUCTIONS

- Do not disturb the graft sites.
- Bone graft material feels sand-like or grainy in texture. Excess graft material may be felt in the mouth for several days after your surgery.
- Soreness from the grafts is normal and expected. This soreness can last up to 10-14 days after surgery.

The local anesthetic administered with the general anesthetic during your surgery will last for 3-6 hours after surgery.

What Can I Do For Pain?

Some discomfort is normal after surgery.

To minimize pain and swelling take 600mg (3 tablets) Ibuprofen (ex. Advil or Motrin) every 8 hours for the first 3-4 days post surgery combined with Tylenol Extra Strength (500mg) Take the first dose before the anesthesia wears off.

If prescription pain medication is given, take it as instructed on the label. Do not exceed the dose on the label.

Taking medications with food or milk will help reduce upset stomach.

Avoid driving or operating heavy machinery when taking prescription pain medication.

Do not drink alcohol while taking prescription pain medications.

MEDICATIONS: Along with pain medication you will be prescribed antibiotics as indicated by the procedure. Take the antibiotics as prescribed until the entire prescription is completed

IF YOU ARE HAVING ANY PROBLEMS, PLEASE CALL US 313-884-3050 AS SOON AS POSSIBLE.