

EXTRACTION POST-OP INSTRUCTIONS

1. Bite down and maintain firm pressure on the gauze that was placed at the end of your surgery for 20 minutes. After that time, remove the gauze and replace it with another gauze pack that was provided. Repeat this as necessary until the bleeding stops. If bleeding does not subside, bite down on a moist tea bag.
2. Some pain and discomfort is to be expected following oral surgery, especially after the numbing wears off. For pain management, use the following over-the-counter combination:
 - 600 mg Ibuprofen (3- 200 mg Advil tablets)
 - 500 mg Acetaminophen (1 tablet of extra strength Tylenol)Take both medications at the same time every 4-6 hours as needed for pain
3. You may apply ice to the area of the implant to decrease swelling. Place crushed ice in a plastic bag and cover with a washcloth. Apply on for 20 minutes and off for 20 minutes. Mild bruising and swelling are common after oral surgery.
4. Brush your teeth, but avoid the area where the tooth was extracted until it has healed. You may use a warm salt water rinse to clean the area.
5. A soft food diet is recommended for 2-3 days after oral surgery. Avoid chewing at the implant site until the gum tissue has had time to heal.
6. Avoid excess physical activity for 2-3 days after oral surgery.
7. DO NOT SMOKE or drink through a straw. Smoking increases the risk of dry socket.
8. If a bone graft was placed, you may find some small granules in your mouth over the first several days. Do not be alarmed by these. It is normal to have some of them come out of the graft site and into your mouth.

Please call the office at (931)363-6300 if you have any questions or concerns