

Follow-up Appointment (Date/Time): _____



AFTER EXTRACTIONS/IMPLANT SURGERY

POST-OPERATIVE INSTRUCTIONS

IMMEDIATELY FOLLOWING SURGERY

Place gauze and apply pressure to the area until bleeding stops. Dampen and fold the gauze into quarters and place at the surgical site(s), with the excess placed toward the cheek. Never sleep overnight with the gauze in your mouth. Remember, it is common to have slight oozing for the first day after surgery.

Ice your face for the next 2 days to reduce swelling. After the third day, you can use heat compresses to help with any bruising. It is common to have swelling, bruising and numbness for the first week to two weeks after surgery, but these should resolve themselves within the first month after surgery. Each person is different, and symptoms will dissipate faster in some than others.

If you have dissolvable sutures, they will become softer and dissolve in 10-14 days. If they are non-dissolvable, we will remove them in 2-3 weeks.

CONSIDERATIONS

- DO NOT disturb surgical site with your tongue or fingers
- DO NOT spit or use a straw for 48 hours after surgery
- DO NOT smoke or drink alcohol for 48 hours after surgery
- DO NOT eat or drink hot temperature food for 24 hours
- DO NOT eat spicy, or acidic foods for 7 days after surgery
- DO NOT exercise vigorously for 3 – 4 days after surgery

Reminder:

It takes 4-6 months for bone to heal so please be kind to your surgical site!

DIET

For comfort over the next few days, you may want to stick to foods like yogurt, pudding, cottage cheese, and protein shakes. When you feel comfortable, you may then move up to your regular modified diet of soft foods. (i.e. anything you can easily mash with a fork and the food spreads through the tines: scrambled eggs, mashed potatoes, fish, pasta, rice, beans, meatloaf, soup). **You can see some recipes on our website www.renuprostodontics.com.**

- **DO NOT** eat foods that require tearing or biting with your front teeth, such as pizza, tortillas, sandwiches, bagels, etc.
- **DO NOT** eat hard foods such as carrots, chips, apples or nuts.
- **DO NOT** eat chewy foods or foods that require lots of chewing to break apart such as lettuce, melted cheese, or gum.

If you received an implant, avoid chewing on your implant site. We do not want the pressures of eating to cause any harm to your implant.

CLEANING YOUR TEETH

- Brush your teeth gently, carefully avoiding the surgical sites, beginning the day after surgery.

- On the day after your surgery, start rinsing your mouth VERY GENTLY with salt-water rinses (1 tsp salt in one quart of water).
- If prescribed to you, use the Peridex (Chlorohexidine 0.12%) mouth rinse three times a day after brushing. Swish in your mouth for thirty seconds then spit it out.
- It is extremely important to keep your mouth clean, beginning the 2nd day after surgery, continuing for one week, since an accumulation of food or debris may promote inflammation/infection.

PAIN MANAGEMENT

You may have prescribed an antibiotic, as well as pain medication for you. Please make sure to take the antibiotic as directed and to finish the entire course to decrease the risk of infection. The pain medication is optional depending on your tolerance. OTC medications such as Tylenol, Advil, Motrin, Aleve, etc. may be substituted for the prescription medication as your pain decreases. It is recommended to take any medication with food as it may upset your stomach.

The recommendation is to alternate Acetaminophen and Ibuprofen every 3 to 4 hours.

Example:

- ◆ 8am: Two extra-strength 500mg Tylenol (1000 mg total)
- ◆ 11am: Two 200 mg Advil (400 mg total)
- ◆ 2pm: Two extra-strength 500mg Tylenol (1000 mg total)
- ◆ 5pm: Two 200 mg Advil (400 mg total)
- ◆ 8pm: Two extra-strength 500mg Tylenol (1000 mg total)
- ◆ 11pm: Two 200 mg Advil (400 mg total)

Maximum Dosage:

Ibuprofen: 3200 mg/day (or twelve 200mg tablets/day)

Acetaminophen: 4000 mg/day (or eight 500mg tablets/day)

If you are experiencing **moderate to severe** pain, we suggested you take 600mg of ibuprofen and 1000mg of acetaminophen at the same time, 4 times a day MAXIMUM. If this does not give you adequate pain relief, please contact us for advice.

BONE GRAFT (IF APPLICABLE)

Occasionally small chips of bone may appear in the surgical site. This can happen anywhere from a few days to several weeks following the surgery. Usually, they will eventually fall off by themselves. If they are causing you significant discomfort you can contact our office for an appointment.

QUESTIONS

Your well-being is our primary concern. It is our sincere desire that you experience be the least uncomfortable or anxiety provoking. Should you have any questions regarding your recovery, please do not hesitate to contact our office.