

POST OP DIRECTIONS

Extraction and Bone Grafting

THE INITIAL HEALING PERIOD TYPICALLY TAKES FROM 1-2 WEEKS, GUM TISSUE TAKES ABOUT 3-4 WEEKS TO HEAL, AND COMPLETE HEALING OF BONE CAN TAKE ABOUT 3-6 MONTHS DEPENDING ON YOUR CARE OF THIS AREA. YOU CAN PROMOTE FASTER HEALING AND AVOID COMPLICATIONS BY FOLLOWING THESE INSTRUCTIONS.

DO NOT DISTURB THE WOUND

IN DOING SO YOU MAY INVITE IRRITATION, INFECTION, AND/OR BLEEDING. KEEP FINGERS AND TONGUE AWAY FROM THIS AREA. BLOWING YOUR NOSE OR SNEEZING CAN DISLodge THE BLOOD CLOT AND IMPAIR HEALING. IN THE CASE OF BONE GRAFTING, EXPECT SOME BONE GRANULE PARTICLES TO SLIP OUT FROM THE SURGICAL SITE. WHEN THAT HAPPENS, YOU MAY FEEL A GRAINY TEXTURE IN YOUR MOUTH.

DO NOT SPIT OR SUCK THROUGH A STRAW.



DISCOMFORT & MEDICATION

IT IS NOT UNUSUAL TO HAVE DISCOMFORT FOR A FEW DAYS FOLLOWING YOUR SURGICAL PROCEDURE THAT MAY LAST UP TO SEVEN DAYS. YOU MAY BE GIVEN A PRESCRIPTION FOR A MORE POTENT MEDICATION TO BE TAKEN ONLY IF NECESSARY TO MINIMIZE YOUR DISCOMFORT.

DIET

SHOULD CONSIST OF NOURISHING FOODS OF A SOFT AND LIQUID CONSISTENCY FOR THE NEXT TWO WEEKS. NO CRUNCHY FOODS SUCH AS NUTS, POPCORN, PRETZELS, CHIPS, ETC. AVOID FOODS THAT ARE EXCEPTIONALLY HOT.

SMOKING AND ALCOHOL

TOBACCO SMOKE CAN INTERFERE WITH THE HEALING PROCESS, PROMOTE BLEEDING, AND CAUSE A VERY PAINFUL SITUATION KNOWN AS "DRY SOCKET." REFRAIN FROM ALL SMOKING AND ALCOHOL FOR THE TWO WEEKS FOLLOWING YOUR PROCEDURE.



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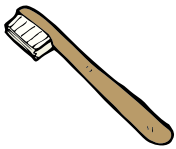
BLEEDING

BLEEDING MAY OCCUR FOLLOWING YOUR PROCEDURE. IF YOU EXPERIENCE ANY BLEEDING, YOU CAN USE A DAMP GAUZE PAD TO APPLY LIGHT PRESSURE TO THE AREA. IF YOU ARE STILL EXPERIENCING BLEEDING, YOU CAN PLACE A DAMP TEA BAG TO THE AREA AND APPLY LIGHT PRESSURE FOR ABOUT 30 MINUTES.

SWELLING AND BRUISING

SWELLING AND BRUISING MAY OR MAY NOT OCCUR, DEPENDING ON THE NATURE OF THE PROCEDURE. DISCOMFORT AND SWELLING CAN BE MINIMIZED USING ICE PACKS AGAINST THE CHEEKS FOR 20 MINUTES ON AND 20 MINUTES OFF FOLLOWING SURGERY, UNTIL YOU GO TO BED. ICE AS NEEDED STARTING THE NEXT MORNING. ICE ICE ICE BABY!

BRUSHING



DO NOT BRUSH, FLOSS, OR USE A WATERPIK DIRECTLY ON EXTRACTION SITE(S) FOR TWO WEEKS AFTER SURGERY. YES...YOU HEARD THAT RIGHT! FIRST TIME EVER YOUR DENTIST IS TELLING YOU NOT TO BRUSH AND FLOSS YOUR TEETH :)

MOUTHWASH

AVOID ALL RINSING FOR THE FIRST 24 HOURS FOLLOWING EXTRACTION. THIS IS TO ENSURE THE FORMATION OF A BLOOD CLOT. DISTURBANCE OF THIS CLOT CAN LEAD TO INCREASED BLEEDING OR THE LOSS OF THE BLOOD CLOT. AFTER THE FIRST 24 HOURS YOU SHOULD VERY GENTLY RINSE (HOLD IN PLACE) THE AREA TWO TIMES A DAY USING WARM SALT WATER OR ANY KIND OF MOUTHWASH.

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