



MOUTH CARE FOLLOWING 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 the bone can take about 3-6 months depending on your care of this area. As your mouth heals, you can promote faster healing and avoid complications by simply following these instructions.

1) **Discomfort:** It is not unusual to have discomfort for a few days following your surgical procedure *that may last up to the next seven days*. You may be given a prescription for a more potent medication to be taken only if necessary, to minimize your discomfort.

2) **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.**

3) **Smoking:** Tobacco smoke can interfere with the healing process (bone growth), promote bleeding and can cause a very painful situation known as "dry socket". Refrain from all smoking for the next two weeks following your procedure.

4) **Swelling and Bruising:** Swelling and bruising may or may not occur, depending on the nature of the procedure. Discomfort and swelling can be minimized by using ICE PACKS against the cheeks 20 minutes on and off following surgery until you go to bed. Ice as needed starting the next morning.

5) **Bleeding:** Bleeding may occur following your procedure. If you experience any bleeding, you can use a DAMPENED 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.

6) **Diet:** Should consist of nourishing foods of a soft and liquid consistency for the next two weeks. NO crunchy foods such as nuts, popcorns, pretzels, chips etc. Avoid foods that are exceptionally hot.

7) **Brushing:** For several days after the extraction, it is important to keep this area as clean as possible to prevent infection and promote healing. **DO NOT BRUSH, FLOSS, OR USING WATERPIK DIRECTLY ON EXTRACTION SITE (S) FOR TWO WEEKS AFTER SURGERY.**

8) **Mouthwash:** Avoid all rinsing for the first 24 hours following extraction. This is to insure 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 IT IN PLACE) the area 2 times a day using warm salt water or any kind of mouth wash.