

# Extraction, Bone Grafting and Membrane Post-Op Instructions

1. **ANESTHESIA:** The feeling of numbness will begin to wear off in 30 minutes to 4 hours. Until that time, avoid all hot foods or liquids, and do not chew. This is to prevent accidentally burning or biting the lips, cheeks, inside of your mouth, or tongue until feeling has returned. ANY CONCERNS ABOUT PROLONGED NUMBNESS, PLEASE CALL OUR OFFICE.
2. **GAUZE PACK:** Fold the gauze into a small pack and place over the extraction site. There should be firm pressure on the extraction site. Maintain firm biting pressure on the gauze for one to two hours. Change the gauze pack every 15-30 minutes.
3. **BLEEDING:** It is normal for the extraction site to bleed slightly or ooze blood for 12 to 24 hours following surgery.
4. **ICE PACK:** For the first 2-8 hours after surgery, ice packs should be applied to the outside of the face over the area of the extraction site. The ice pack should be held in place for 15 minutes or so, and then removed for 15 minutes. This will help reduce discomfort and swelling.
5. **MEDICATIONS:** DO NOT TAKE ASPIRIN PRODUCTS due to the possible increase in bleeding potential. If prescription medications were prescribed please follow label instructions carefully. For most extractions, a non-aspirin over the counter pain medication such as ibuprofen and/or acetaminophen will provide good pain relief.

There are a variety of problems that can arise after any surgical procedure. Some may require additional therapy or emergency medical attention. If you have any questions or concerns, please call our office.

■ **IMPORTANT:**

IF YOU EXPERIENCE ANY SEVERE SWELLING, PROLONGED BLEEDING, SEVERE PROLONGED PAIN, HIGH FEVER, DIZZINESS, ALLERGIC TYPE REACTIONS, ETC. THAT CONCERN YOU, PLEASE CALL US IMMEDIATELY. IN THE EVENT YOU CANNOT REACH US OR WE DO NOT RETURN YOUR CALL WITHIN A REASONABLE TIME –

**GO TO THE EMERGENCY ROOM FOR IMMEDIATE MEDICAL ATTENTION.**

■ **OFFICE EMERGENCY NUMBER (AFTER HOURS): (669)274-7774**

**BONE GRAFT AND MEMBRANE PATIENTS:**

- Take ibuprofen and/or acetaminophen for the next 3-5 days whether the area hurts or does not hurt.

Take antibiotics as prescribed until gone. If you develop a rash, hives, itching, or difficulty breathing, discontinue medication and call our office right away.

Do not take more than the manufacturer or doctor recommended dosage of any over the counter or prescription medication(s). If you experience any untoward side effects from the medication(s), please discontinue taking them, and call our office. FOR SERIOUS SIDE EFFECTS OR ALLERGIC REACTIONS SEEK MEDICAL CARE IMMEDIATELY.

6. **DIET:** A liquid or soft diet should be adhered to for the first 12-24 hours. It is important to drink plenty of liquids for the first day or two following surgery. Avoid the use of a straw as it may dislodge the blood clot that is forming in the extraction site.
7. **ORAL HYGIENE:** Clean the rest of your mouth as usual, however avoid bumping or brushing the extraction site. **DO NOT RINSE OR SWISH YOUR MOUTH** for the first 24 hours following surgery. **DO NOT SMOKE** for the first 24 hours following surgery.

**BONE GRAFT AND MEMBRANE PATIENTS:**

- Beginning the day after your surgery, rinse with warm salt-water using “head rolls.” Hold the salt-water solution in your mouth and roll your head back and forth. Do not swish or blow your cheeks out. The sutures and tissues are fragile and excessive forces may open the wound.
- Also use chlorhexidine 0.12% mouth rinse by **swabbing** the area with the mouth rinse on a Q-tip or cotton swab three times a day for 14 days. This mouth rinse may stain your teeth if used for rinsing long periods of time. These stains can be easily removed at your next hygiene appointment.
- The sutures that are used are resorbable or dissolvable. **DO NOT** attempt to remove the sutures yourself.
- Do not brush or floss around surgery site until your next visit with us.
- It is normal for the membrane to be slightly visible.

**8. POSSIBLE COMPLICATIONS:**

- A) **Dry Socket.** This is sometimes a problem after surgery. The symptoms associated with dry socket are constant moderate to severe pain, bad taste, putrid odor, and poor clot formation at the surgical site. **IF YOU THINK YOU HAVE ANY OF THESE SYMPTOMS CALL OUR OFFICE IMMEDIATELY.**
- B) **Fever.** Monitor your temperature for the first 24-48 hours. Any elevated temperature should be reported to our office.
- C) **Swelling.** Some swelling during the first 24-48 hours can be expected.