

Surgical Dental Procedures: Extractions, Implant Placement, Gingival Surgery, Bone/Tissue Grafting, Biopsies

HYGIENE CARE

Do not brush, floss or rinse for the first 12 hours after surgery. After that, resume normal hygiene, but be gentle and avoid the surgical areas.

After 24 hours, gentle rinsing with warm salt water or a Chlorhexidine mouth rinse of the surgical areas can also be helpful to aid in the healing of irritated gum tissue. Dissolve 1/2 teaspoon of salt in 8 oz. of warm water and rinse 2-3 times daily for the first week. A prescription Chlorhexidine mouth rinse may also be given. Rinse 2-3 times daily as prescribed.

SWELLING

Swelling after surgery is normal and will peak at 2-3 days. Cold packs will help reduce the swelling and increase comfort. You can apply cold packs to the cheeks intermittently (15 minutes on/15 minutes off) during the first 24 hours.

JAW STIFFNESS

After 24 hours, warm moist compresses can be used as needed to alleviate stiffness and soreness of the jaw muscles.

SUTURES

The sutures used will be removed in one to two weeks. If sutures come loose after a day or two, this is generally not a problem.

DIET

Eat a fairly soft diet for approximately one week or as instructed. It is extremely important to drink lots of fluids and get adequate nutrition. Proceed to a normal diet as soon as you are comfortable. Avoid foods with small particles, i.e. seeds, popcorn, nuts.

BLEEDING

Maintain firm biting pressure on the gauze packs until bleeding is controlled, changing the gauze as needed. The damp gauze applies pressure to the wound to stop bleeding and also holds the tissue in the correct position to start the healing process. Oozing is normal. You may have blood tinged saliva for 24-48 hours. Surgery numbness will cause drooling. While numb, we recommend placing a towel over your pillow.

DISCOMFORT

Some discomfort after the surgery is normal. Preventing pain is easier than stopping it; therefore, the medications will be more effective if taken before the onset of pain.

Pain medications **MUST** be taken with food which will lessen the chance of becoming nauseous. We recommend health shakes, such as Boost or Ensure, to guarantee that you are getting adequate nutrition.

The doctor may recommend taking 800 mg of Ibuprofen three times a day for 3 to 5 days to reduce swelling and relieve mild to moderate discomfort. Take medications as prescribed.

Acetaminophen (Tylenol) and Ibuprofen (Advil) taken together is an excellent form of pain control and has been clinically proven to provide pain control equal to that of narcotic pain medications. Acetaminophen is taken as directed on the label from the manufacturer. Remember that Tylenol is often an ingredient in your narcotic pain prescription. Tylenol should be taken only in place of the narcotic pain medication, not in addition to it.

Call the office if you are experiencing any of the following:

Bleeding which can't be controlled by biting on gauze

Swelling or discomfort which increases three or more days after the surgery

Numbness that lasts longer than 12 hours