**Post op instruction for Extraction/Bone Graft/Implant placement**

**ACTIVITY**

After leaving the office, relax for the remainder of the day. Avoid strenuous activity for 2-3 days.

**SWELLING**

Some swelling may be present the day after the surgery and may peak at 48-72 hours after surgery. Having cold liquids is very important for reducing swelling, discomfort, and bleeding. Sip ice water, iced tea, ice cream, frozen yogurt, milkshakes, or similar cold liquids, and keep the surgical area cold for the remainder of the day after surgery. **Do not use a straw, as suction can start bleeding**.

**BLEEDING**

There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of your saliva for several hours, but frank bleeding (bright red) is not to be expected. Should bleeding occur, place a moistened black tea bag (not herbal tea) over the area and put pressure for an hour. If there is no change in the amount of bleeding, call the office immediately. Some particles of bone graft material might be felt in your mouth, that’s normal and is not uncommon.

**EATING**

For the first few days, liquid/super soft foods can be eaten. Chewing should be done on the side opposite the surgical site and avoid chewing on the surgery side until 2 weeks. Avoid any hard, gritty crispy or crunchy foods such as nuts, popcorn, chips, or hard bread for 2 weeks. Also, it is best to avoid hot, spicy foods and acidic/sour drinks.

**ORAL HYGIENE**

**The surgical area should not be disturbed for the first 2 weeks post-operatively. Please avoid brushing/flossing the area.** The day after the surgery, you will rinse gently with the prescription mouthwash twice a day for 2 weeks, hold it on the operated area for 1 minute, no rinse/drink for 30 minutes after. Salt water might be used gently as well.

**SMOKING**

Please refrain from smoking and alcohol for 48 hours or longer. Tobacco use interferes with the healing.

**SUTURES:** Sutures (“stitches”) are placed to hold the gum over the membrane/bone graft or operated area in proper position for ideal healing. These sutures will be removed (if non-resorbable type used) when you return for your post op visit in 2 weeks. **Do not disturb the sutures with your tongue, toothbrush, or in any other manner since displacement will impair healing.**

**DISCOMFORT**

Some discomfort may be present when the anesthesia wears off. If you have been given a prescription for an analgesic, take as directed every 4-6 hours for the first 2 days. If not, take two acetaminophen **or** ibuprofen tablets with water every 4-6 hours as needed (Do not exceed 2 tabs of either one). If pain persist and not responding to pain meds call us.

**MEDICATIONS**

Please follow the instructions on the bottle for any medications prescribed. If any adverse reaction to those medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please contact the office immediately and discontinue all medication immediately.

**DO NOT:** **For the next several days, do NOT spit, smoke, rinse hard, drink through a straw, create a “sucking” action in your mouth, use a commercial mouthwash, drink carbonated soda, or use an oral irrigating device.**