**POST-OP INSTRUCTIONS FOR TOOTH EXTRACTION WITH BONE GRAFT**

**Medications:** We will furnish you with any necessary prescriptions. Please take any medication as directed, and call if you have any questions or if you experience any discomfort while taking a medication.

**Bleeding:** Minor bleeding is to be expected, although the site is closed with sutures which will limit bleeding. If bleeding persists, it is best controlled by gently biting on moistened sterile gauze provided for approximately 20 minutes.

**Swelling:** Swelling is normal after extractions. To reduce the amount of swelling, please apply the ice pack provided for 20 minutes on/20 minutes off for the first 24 hours after your visit. If swelling reoccurs after the 3rd day of surgery or does not start to subside after the 3rd day please contact us.

After 24 hours, a warm pack may be applied for 10-20 minutes at a time to help the healing process.

**Anesthetics:** Take care not to bite your tongue or inside cheek while numb. The anesthetic used may last the entire day.

If the tooth/teeth was removed from the lower jaw you may experience tingling or numbness in the lower lip for a short time. This can occur from any swelling putting pressure on the nerve, please understand this feeling is usually temporary.

If the tooth/teeth was removed from the upper jaw, to prevent irritating the sinus floor, please do not blow your nose hard or hold in a sneeze for two weeks post-surgery.

**Oral hygiene:** Keep the mouth as clean as possible with normal brushing and flossing. In addition, you should rinse with salt water, by dissolving ½ teaspoon of salt in 8 oz. of water. It is important that you rinse after meals and before bed. Please remember to rinse and spit gently.

Brush for the first 2 weeks near the surgical site with the soft surgical toothbrush given to you. You may apply Chlorhexidine with this brush, if it is prescribed to you.

**Nutrition:** A nutritious diet during your healing is vital. You may eat as soon as the numbness wears off, but do avoid eating on the side the extraction and bone graft was placed. Avoid drinking with straws; it causes negative pressure in your mouth which can pull on the sutures. Also, avoid alcohol and carbonated soft drinks.

**Dentures:** Dentures and partials can usually be worn after surgery. However, you may be instructed to leave them out as much as possible to reduce irritation on the surgical site.

If you have any questions or detect any symptoms that you are unsure of, please contact us immediately. Chaska Dental Center: 952-448-4151