



first in restorative & aesthetic dentistry

## **GENERAL POST OPERATIVE INSTRUCTIONS FOR EXTRACTIONS, BONE GRAFTS AND IMPLANT UNCOVERING**

You have just had a dental extraction, bone graft or implant uncovering and certain general postoperative precautions must be followed in order to insure that you have a predictable and favorable outcome.

- 1- Avoid chewing near the extraction site. A SOFT DIET is advisable for several days to weeks following surgery.
- 2- Generally, hot foods and liquids should be avoided for the first 24 hours. Warm and cool foods and liquids are fine. *SMOKING IS NOT RECOMMENDED FOR SEVERAL DAYS POST OP.*
- 3- No sucking liquids (especially thick shakes) through a straw, as the negative pressure may cause bleeding, loss of the clot or protective covering over the socket. **USE A SPOON.**
- 4- If sutures were placed, you will need to return to the office in 7-10 days for a post-op evaluation and suture removal.
- 5- Should any unusual symptoms become evident, such as severe swelling or pain, redness, fever or heavy bleeding please contact the office immediately.
- 6- Take whatever analgesic you would normally take for a headache (light to moderate pain) **before the anesthesia wears off.**
- 7- Apply an ice pack to the area for 15 minutes ON and 15 minutes OFF for several hours.

### **ANY OF THE FOLLOWING CHECKED ITEMS APPLY TO YOU:**

- You have had a bone graft placed as part of continuing therapy, i.e. a dental implant. Sutures have been placed over a protective covering ( a collagen membrane) that will protect and contain the graft material until the soft tissue grows over the defect. Extra caution should be exercised. Small residual white particles may be present in the mouth following a bone graft.
- Tissue cement (surgical-grade cyanoacrylate) has been placed over the graft as a protective covering. It minimizes post-operative bleeding and creates a seal that is impervious to the oral fluids. It can be thought of as an “instant scab”. After several days, it may become loose and begin to move. It will have the consistency of a “corn flake”. It usually remains attached to the sutures and will be removed at your post op visit. If the dressing is lost after several days, it should be of no concern. Call the office if you have any questions.
- You have been given a prescription for an antibiotic which will help resolve an existing infection, or help prevent a post operative infection. Please follow the instructions carefully, and ***finish the entire course of the medication***, even if you think you are feeling fine.
- You have been given a prescription for a pain relieving medication. Please follow the instructions carefully and do not take on an empty stomach. Frequently, nausea may develop if taking certain pain relievers on an empty stomach.
- You have been given a prescription for a disinfecting mouth rinse. You are expected to SWISH GENTLY, twice a day, morning and evening after gentle brushing. **DO NOT RINSE VIGOROUSLY.** The surgical area should be “bathed” and you should let the rinse *fall out of your mouth*. Rinsing should be continued until the bottle is empty. (10 days to 2 weeks) This rinse may cause a coffee-like stain on your teeth, which can be removed with a simple polishing. If you should have any other reaction, please discontinue use and contact the office.

CHRISTOPHER PROTO, D.D.S. 143 NORTH CARLL AVE. BABYLON, NY 11702  
631.669.2330

