



# POST OPERATIVE INSTRUCTIONS FOR IMPLANTS, EXTRACTIONS AND GRAFTING

---

## When you Should Notify the Doctor

1. If profuse bleeding continues after 3–4 hours of applied pressure
2. If you are unable to maintain a nutritious diet after 48 hours.
3. If the pain and/or swelling increase after the third day.
4. If you have an allergic reaction to medications such as a skin rash, hives, elevated temperature, increased and/or erratic heart rate, nausea/vomiting, dizziness/fainting or blurred vision.

## General Instructions

DO NOT rinse for at least 24 hours after the surgery. When you do rinse tomorrow, rinse with lips apart. Slushing only.

DO NOT exercise or do heavy lifting for 3 to 5 days after the surgery

DO NOT smoke

DO NOT use mouthwash that contains alcohol, eat overly acidic foods, crunchy foods or use mints.

DO NOT do anything that creates suction in your mouth, like drinking through a straw, playing a wind instrument or snorkeling.

DO NOT touch, lick or look at the surgical area. Do not pull at cheeks.

DO NOT have any facial massages for at least 3 weeks.

DO NOT wear any bite appliance or tray unless instructed to do so.

DO NOT use electric toothbrush or floss surgical area after grafting procedures. Only brush with prescribed toothbrush after instructed by office at your post op appointment.

## What to Expect Following Surgery

### Bleeding

To slow or prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in 20 to 30 minute intervals and repeated until the bleeding is brought under control. If bleeding persists without slowing for several hours apply a gauze soaked in strong tea and repeat the above steps until the bleeding stops. Exercising and heavy lifting will raise your blood pressure and will dislodge the blood clot and bleeding will resume. Avoid exercising for three to five days following the surgery.

### Swelling

Prevent and/or minimize swelling apply ice packs at 10–minute intervals to the surgical area. After 72 hours apply warm compresses to the area to relieve swelling. Swelling is a natural part of the healing process and can be expected for 3 days to several weeks depending on the nature of the surgery.

### Discomfort

Following most surgical procedures there may be pain, depending on your threshold for pain. You will be provided with medication for discomfort that is appropriate. In most cases, a non-narcotic pain regimen will be given consisting of Acetaminophen (Tylenol) and Ibuprofen (Advil). These two medications, taken together, will be as effective as a narcotic without any of the side effects associated with narcotics. If a narcotic has been prescribed, follow the directions carefully. If you have any further questions about these medications interacting with other medications you are presently taking, please call our office first, your physician and/or pharmacist. Expect cold sensitivity can last for 6 weeks or longer.

