



Postoperative Instructions for Extractions with Bone Graft

Thank you for coming to us for your oral surgery treatment. Your treatment continues until healing is complete. In the event you feel your postoperative course is marked by excessive pain, swelling or hemorrhage, do not wait until your next appointment to return: **Call Us!!**

THINGS TO EXPECT:

- Swelling:** This is normal following surgery in the mouth. It should reach its maximum in 48 hours and diminish thereafter.
- Discomfort:** The most discomfort you will experience will be the period immediately after sensation returns to your mouth.
- Hemorrhage:** Some bleeding or "oozing" for the first 24-36 hours is common.

THINGS TO DO:

1. **Bleeding** – Keep your head well elevated the first 24 hours.
2. **Swelling** – Swelling is usually in proportion to the surgery involved. However it may be minimized by the immediate use of ice or cold packs applied to the face over the surgical site. Place pack on face for 15 minutes and then remove for 5 minutes. Repeat this procedure for 48 hours. After that cold packs will be of little value.
3. **Diet** – After waiting 1 hour you should be able to take fluids by mouth. A liquid diet is desirable for the first 7 days. This would include broths, juices, soda, water and milk. An adequate fluid intake of at least 2 quarts a day is essential. Soups, yogurt and mashed potatoes are okay as well. (See Blender Ideas)
4. **Medications** – It is essential to take all medications as directed. They will help control pain and prevent infection. **Please be sure to take pain medications with food.**
5. **Mouth Rinse** – Do **not** rinse on the day of surgery. After 24 hours rinse the mouth with warm salt water (1tsp salt to an 8oz glass of water) following meals is advisable. Do NOT use alcohol based mouth rinse.

THINGS NOT TO DO:

1. Avoid smoking, spitting or drinking with a straw the first 48 hours after surgery. These tend to dislodge the blood clot which causes additional bleeding and increased pain.
2. AVOID ALCOHOL FOR 3-4 DAYS AFTER PROCEDURE – THIS IS VITAL IN THE HEALING PROCESS.
3. Do not apply heat to the face during the first 48 hours. This will increase swelling.
4. Avoid strenuous physical activity for 48 hours. This includes any activity in which one becomes winded as this may cause a renewal of bleeding.

PLEASE NOTE:

The following conditions are common after surgery: difficulty in opening your mouth; pain when swallowing; earache on the side of surgery; bruising of the face and neck; dry socket. Occasionally numbness of the lower lip or tongue occurs which is **usually** a temporary condition. It is not disfiguring, just annoying. Following surgery the remaining teeth may realign themselves causing some temporary annoyance. Sores may develop on the outside corners of your mouth. For your comfort use Vaseline or a lubricant to soothe these areas.