



THE DENTAL SPECIALTY CENTER

FALCON

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POST-OPERATIVE INSTRUCTIONS FOR EXTRACTION AND BONE GRAFTING

These instructions are basic guidelines for you to follow after the surgical removal of teeth. How well you follow these instructions will directly affect how you feel over the next several days. Your doctor may modify these instructions for different surgical situations. After extraction of teeth and bone grafting, a blood clot forms in the remaining socket. To prevent post-operative inflammation and infection, it is important to keep this blood clot in place.

THE DAY OF SURGERY

1. **GAUZE:** Bite down on the gauze for one hour, or until you are at home in a resting position. Then, remove the gauze. Remember, a minor oozing of blood is expected for 24-48 hours. A small amount of blood mixed with saliva will look like a large amount of blood. It is not.
2. **YOU SHOULD NOT:** Spit, smoke, suck on the socket(s), rinse, drink through a straw or do anything which will create a suction or disturbance in your mouth for the next 24 hours. Talking should be minimized if sutures are in place. Any liquid in your mouth should be swallowed for the first 12 hours after surgery unless you believe you are bleeding profusely. If you believe you are bleeding profusely call our office.
3. **DIET:** Eat a soft cool diet for the first 24 hours unless otherwise directed.
4. **ICEPACK:** Use an icepack over the surgical area for the next 8-10 hours. The pack should be wrapped in a thin towel and placed directly over the surgery site for 50 minutes out of each hour.
5. **DRUGS:** One or more drugs may be prescribed before and/or after surgery for sedation, treatment of pain, and/or infection. Drugs must be taken as prescribed by the Doctor. Remember that **NO** drug will completely eliminate pain. If you have any questions concerning your drugs, contact our office.
6. **DO NOT** disturb the extraction site with tongue or fingers.
7. **ACTIVITY:** Limit activity for the first 2-3 days.
8. **GRAFT / MEMBRANE MATERIAL:** The material is either donated bone/tissue or synthetic bone/tissue. These grafts are usually over-packed with excess material. Therefore, gritty graft particles fall away from the socket and can feel like sand when you bite down and the membrane will appear as a white cover over the socket. This is normal.

STARTING TOMORROW

9. **BRUSHING:** Start brushing your teeth after 24 hours. Gently brushing in the surgery area and normal brushing elsewhere are recommended. A clean mouth heals faster.
10. **RINSES:** Gently rinse your mouth every few hours for the next week **STARTING 24 HOURS AFTER SURGERY.** We recommend using Peridex/Chlorhexidine oral rinse.
11. **PROBLEMS:** Pain, swelling, and bleeding is normal after most surgeries. If you feel that any of these are excessive or if you have any other problems or questions, call our office at 719-654-0105 or Dr. cell at 719-602-7029.

FOLLOW-UP

12. You may be asked to return to our office after the surgery for a follow up visit when sutures (stitches) and the protective membrane will be removed and surgery sites examined for proper healing. If no follow-up appointment is scheduled and you would like to be seen please call our office.