

EXTRACTIONS / BONE GRAFTING

Gauze packs are usually placed over the extraction sites. These should be left in place or changed (if saturated) for at least 1-2 hours. If you are still bleeding after removing the gauze, place new gauze or a tea bag in position over the extraction socket and firmly bite for one full hour. If any blood clots are visible outside the socket, they should be removed/wiped off before the gauze is replaced. You may notice some blood on the gauze when you bite or blood in the saliva for up to 24 hours. This is normal.

Occasionally, a medicated “putty-type” bandage is placed over the surgical site. It is mixed up soft and remains “tacky” like chewing gum for 30-45 minutes after placement. The dressing will harden and act like a plaster cast similar to what is applied to a broken arm. It is best to leave this dressing in place until your post-operative visit. Occasionally this dressing may chip away or come off completely. If you swallow some during a meal, it is fully digestible.

Symptoms that occur are inflammatory responses similar to what you would experience from a splinter in a finger tip:

- (1) Some Swelling: typically increased swelling (over three days). A little bit today, a little more tomorrow, reaching a peak on the third day then decreasing a little each day until gone. *Cold compresses are effective during the first 24 hours to minimize swelling, alternating 20 minutes on 20 minutes off. Crushed ice or frozen beverages melting in the mouth (Smoothies, Slurpies, etc.) can also be helpful in applying cold to both the inside and outside.
- (2) Slight pulse beat pain. Not a heavy throbbing.
- (3) Redness in the area and/or an elevated temperature (98.6-100°) for the first 48 hours is normal. Anti-inflammatory medications work well to alleviate these symptoms: Aspirin, Advil/Ibuprofen, Aleve. *It is advisable to take any of these in conjunction with medications that the doctors have prescribed for you.*

Avoid: (1) Any sucking action (use of a straw, smoking, spitting, etc.)

- (2) Excessive rinsing. (You may begin “light rinsing” with warm salt water the morning after your extraction. Roll the warm salt water from side to side. No heavy swishing)

Soft foods are advisable the first several days following surgery. Fluids in the way of fruit juices, ice cream, soups and foods mixed in a blender will supply adequate nutrition and calories during the healing stages. Return to a normal diet as soon as possible.

You may brush your teeth, being careful to avoid operative site. You may use a Q-tip dipped in mouth rinse to clean medicated dressing.

The grayish-white color of the blood clot is normal. Do not disturb it.

During natural healing, a top portion of the bone graft material will “slough.” You may experience a “gritty” corn meal or sandy texture.

Have all prescriptions filled and take medications as directed. If pain is excessive or any unusual conditions arise call this office immediately.

****DO NOT SMOKE! Smoking has been shown to delay healing in the mouth and should be eliminated if at all possible in the early healing phase.**

****Be certain to return to this office as directed for post-operative treatment.**