

# Post Operative Instructions - Extractions/GBR

Analgesics   Antibiotics   Ice Pack   Rinse   Brush   Floss   Elect Brush   Proxybrush   WaterPik  
*as needed*   *if prescribed*

Day 1

Day 2

Day 3-7

Day 8-14

Day 15-21

Day 22-28

Week 6

Month 4-6

1. **ACTIVITY:** After leaving our dental office today, we suggest you consider relaxing or at least limiting your activity as much as possible for the remainder of the day. Avoid strenuous activity and aerobic exercise for the next 2-3 days.
2. **DISCOMFORT:** Some discomfort may be present when the anesthesia wears off. Please take analgesics every 4-5 hours or four times per day for the first 3 days. This drug will greatly decrease the possibility of post-surgical swelling and pain and has been shown to accelerate healing. After the first 3 days, 2 Tylenol, or 2 Advil taken every 4-6 hours as needed, should keep you comfortable. Should intense discomfort occur at any time after the surgery, please take the narcotic medication (if one has been prescribed for you), as directed, or telephone the doctor and he will phone in a narcotic prescription for you. You may take both the narcotic and NSAID together. Their analgesic effect will be synergistic.
3. **INFECTION:** If you have been given an antibiotic please continue taking it as prescribed until all of the tablets have been taken. If you notice that after a few days, pain or swelling are increasing or that you are experiencing an elevated temperature, please call the doctor.
4. **SWELLING:** To minimize swelling after surgery, apply an ice bag wrapped in a light tea towel or handkerchief to the outside of your face over the operated area. This should be left on your face for about 5 minutes, then removed for 5 minutes, or alternated from side-to-side, between operated areas, for 2 hours after surgery. The use of both ice and the analgesic as described above will reduce the amount and duration of facial swelling.
5. **BLEEDING:** It is common to have slight bleeding for a few hours following periodontal surgery. If bleeding persists, apply a wet tea bag to the surgical site with firm but gentle pressure for 15-20 minutes. Let yourself rest for 15 minutes then repeat the application of the tea bag for a second time if you still have slight bleeding. If excessive bleeding continues, please call our office. Remember, most of the blood you may see in your mouth is actually a little bit of blood mixed with a lot of saliva - blood is a very strong "dye" and a little bit of blood will color your saliva dramatically.
6. **ORAL HYGIENE:** Brushing and oral hygiene procedures should be done as usual in all untreated areas. In exposed, operated areas limit your oral hygiene to rinse with prescribed chlorhexidine gluconate (**Peridex**) or over the counter **CloSYS**. In areas covered by a periodontal dressing, brush only the chewing surfaces of teeth. Avoid dental flossing in operated areas during the first week following surgery. Also, avoid the use of water irrigation devices such as **WaterPik** for 1 month following surgery.
7. **EATING AND DRINKING:** Do not try to eat until anesthesia (numbness) has worn off. High protein foods and liquids are desirable for 3-5 days following surgery. Semi-solid foods may be eaten as long as this may be done comfortably. Eggs, custard, yogurt, pasta, steamed vegetables, casseroles, cooked cereals are some things that you might consider eating during the first few days following your surgery. Avoid spicy, salty, acidic, very hot or very cold foods or liquids. Also, avoid nuts, chips or other crunchy or fibrous foods that may become caught between your teeth. Please refrain from drinking alcoholic beverages when you take antibiotics. Do not smoke! The following nutritional supplements have been found to aid in surgical healing. Taking the following dosages for at least 4-6 weeks following your surgery can enhance healing:

**Multi-vitamin with minerals (1/day)   Vitamin C 1000mg 1/day   Vitamin E 400 I.U. (1/day)   Calcium (500mg twice/day)**

These nutritional supplements are all over the counter (OTC) items and may be purchased at a drug store, health food store or the health food section of many grocery stores.

8. **USE OF REMOVABLE DENTAL APPLIANCES:** If you normally wear a removable appliance that replaces missing teeth, and it rests on the operated area, it is best to minimize the use of this appliance as any pressure on the surgical site could be detrimental to healing and cause discomfort.
9. **CARE OF THE DRESSING:** If small pieces of the dressing break off, do not be concerned. If large portions of the dressing are displaced or lost start using chlorhexidine gluconate (**Peridex**) or **CloSYS**. If the dressing should fall off after 4 days, and you are comfortable, the replacement of the dressing is unnecessary.

The roots of your teeth were uncovered during surgery. You may experience temporary sensitivity to hot and cold, to tooth brushing and to certain foods. Should these symptoms develop, please notify our office so that a desensitizing treatment can be arranged and/or desensitizing medications prescribed. Once the sutures are removed, it is essential to keep the exposed root areas absolutely clean. Bacterial plaque if allowed to remain on your teeth and gums will increase your sensitivity and risk the development of infection. Failure to adhere to the recommended oral hygiene regime may cause your sensitivity to worsen, rather than improve.