

## POST-OP INSTRUCTIONS: EXTRACTION/BONE GRAFT

- You were given sterile gauze to take home and bite on (applies pressure to the site). Keep the gauze in place for approximately 30 minutes at a time (or until soaked with saliva). You can continue this pressure until bleeding has slowed.
- Swelling and stiffness are expected and you should not be alarmed. Apply ice pack as needed for 15 minutes at a time. Only do this for the first 24 hours.
- Do not rinse mouth until the following day.
- Keep fingers and tongue away from site.
- You may feel little pieces of bone graft (small round white granules) near the extraction site for the next few days. This is normal. The majority of the bone graft material is safe underneath a membrane that has been sutured into place.
- You have stitches holding the graft into place. These sutures will NOT resorb on their own. You will need to return to the office in 2 weeks for us to remove them.
- Bleeding: It is normal for saliva to be slightly streaked with blood for 1-2 days. If abnormal bleeding occurs, place gauze over the extraction site and bite down for 30-45 minutes. Normal bleeding includes spitting and noticing red tinged saliva, which can occur for 1-2 days. Abnormal bleeding occurs when the site oozes bright red blood that fills your mouth within minutes. If this occurs, please call the office.
- Diet:
  - - A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids.
  - DO NOT DRINK LIQUIDS THROUGH A STRAW. This creates negative pressure that can dislodge the clot that is supposed to form in the extraction site. Dry socket may result.
- Pain Management:
  - It is normal to experience pain after dental surgery. For over the counter pain management:
    - Take 1 600mg Ibuprofen (this is usually given as an Rx) and 2 regular strength (over the counter) 500mg Tylenol at the same time every 6-8 hours as needed for pain.
- Antibiotic: Please take your antibiotic rx as directed (if applicable).

Return to the office if unexplainable symptoms develop or call 281-251-8181. There is an option to reach Dr. Austin's cell phone after hours in case of emergency.