



MODERN DENTISTRY OF NOVATO

Tooth Extraction or Implant Surgery Post-Op Instructions

DO NOT DISTURB THE AREA- For the next 7 days, it is very important to allow your body to form a clot and start the natural healing process. Drinking through a straw, spitting and smoking can all dislodge the clot. Keep anything sharp from entering the wound (crunchy food, toothpicks).

BLEEDING- When you leave the office, you might be biting on gauze to control the bleeding. Keep slight pressure on this gauze for at least 30 minutes. Don't change it during this time; it needs to remain undisturbed while a clot forms in the site. After 30 minutes remove the gauze. If you feel it is still bleeding, you can bite on another gauze or tea bag for another 30 minutes. Small amounts of blood in the saliva can make your saliva appear red and is normal to be noticed.

SMOKING- Please NO SMOKING following your surgery for at least 2 weeks; healing and success of the surgery will be substantially jeopardized by the smoke chemicals in your mouth and body. Also, the suction created when inhaling can dislodge the clot, leading to dry socket. Do not resume smoking until it is cleared with Dr. Contreras.

PAIN- Discomfort is normal after surgery. To minimize pain, take 500mg Tylenol (Acetaminophen) with 600mg Motrin (Ibuprofen) every 6-8 hours until bedtime to control pain and inflammation/swelling. Start taking the over the counter pain meds before the anesthesia wears off. If a prescription pain medication is prescribed, take it exactly as instructed on the label. Avoid driving, operating heavy machinery, and drinking alcohol when taking pain prescriptions.

SWELLING- Applying an ice pack to the face over the area of the surgery will help minimize the swelling. Apply for 30 minutes, then remove for 30 minutes, at least 4 times a day. Continue to do this for 1 week after the surgery.

NUMBNESS- The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew or scratch the numb area.

BRUSHING- Do not brush your teeth near the surgery site for 5 days after the surgery. After this, you may gently brush your teeth avoiding the surgery area for 2 weeks.

RINSING- For the first 24 hours, no rinsing, swishing or spitting. Rinsing can dislodge the healing clot which is essential for proper healing. After 24 hours you may begin **gently** rinsing with salt water (1 teaspoon salt and 4 ounces luke warm water). Totally avoid commercial mouth rinses.

DIET- a liquid diet is recommended for the first 5 days. Eat very soft foods for 2 weeks after surgery. Maintain a good, balanced diet. Return to normal, regular meals after the first 2 weeks. Drink plenty of water.

ACTIVITY- After leaving the office, rest and avoid strenuous activities for the remainder of the day and the next 5 days. Keeping blood pressure lower will reduce bleeding and aid healing, and reduce pain. .

ANTIBIOTICS- If you were given an antibiotic prescription, **take as directed until they are gone.**

SINUS- If your sinuses were involved in the procedure, you should avoid blowing your nose, and should sneeze with your mouth open for one week. Use of decongestant medication may be recommended.

FOLLOW UP APPOINTMENTS- You may need to return to the office to have sutures removed, or just a brief follow-up to check the healing.

PLEASE CONTACT OUR OFFICE IF YOU HAVE:

- Uncontrollable pain, excessive or severe bleeding.
- Marked body fever or excessive warm swelling occurring a few days after the procedure.
- Reactions to medications especially rash, itching, or breathing problems.

*Following these instructions very closely will greatly help your comfort and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort and the success of the procedure may be affected. If you are experiencing a true dental emergency please contact Dr. Contreras at **(415)892-4723***