



## **Post Operative Instructions: Extractions**

We hope you had a positive treatment experience with us. Please read through the following instructions as they are meant to help prevent complications and guide you through the healing phase.

A certain amount of swelling, pain, and bleeding is normal. Bite down and maintain firm pressure on the gauze pack that was placed at the end of your surgery. Do this for at least 30 minutes. At that time, remove the pack and replace it with another gauze sponge as provided. Repeat this as necessary. There should not be excessive bleeding. Bright red blood rapidly pooling in the area is not normal. If this occurs and does not decrease with pressure, please call the office immediately.

Take your pain medications as needed in accordance with the directions. Be sure you have no allergies that the doctor does not know about.

Do not rinse or spit for a minimum of 72 hours and longer if possible. This tends to disturb the blood clot, open the wound and can prolong bleeding and slow healing. Do not brush the teeth in the area of surgery for 48 hours. When brushing, be gentle. When expectorating, be gentle.

If a mouthwash was prescribed, use in the following manner: Place the mouthwash in area of the surgery and let sit for 30-60 seconds. Do not rinse vigorously with it until after you have returned for suture removal (2 weeks after implant placement).

Apply ice immediately in the area where the surgery was done. If your surgery was in the anterior upper jaw, you can expect swelling and discomfort up into the nose and even under the eyes. Bruising and discoloration is not unusual. Apply ice pack for 30 minutes then off for 20-30 minutes. This should be done on a near continuous basis (or as much as possible) for the first 48 hours and longer if possible or if this helps reduce your pain.

Avoid excess physical activity and exercise. In addition, DO NOT SMOKE. Do not drink with a straw or drink carbonated liquids (minimum 3 days). Do not consume alcoholic beverages while taking your pain medication. SMOKING INCREASES THE RISK OF IMPLANT FAILURE.

You will notice that you cannot see any implants in your mouth as the gums cover the area. That is good. Do not stretch your lip daily to inspect the area. This can cause wound breakdown. In many instances, a healing cap is placed over the implant. This will look silver and will be emerging through the gums. Be very cautious not to eat on these temporary healing caps as it will place undue movement on the implants below.

If you have a temporary flipper to wear do not place it until the numbness in the area is gone. When it is placed, it should not touch the gums in the area of the surgery. If it does, it can cause ulceration of the wound edges and breakdown of the suture margins. If you have questions about the fit of your flipper, do not wear it until your dentist can see you.

Last, take any antibiotics you are prescribed to completion in order to prevent infection. Taking less than the entire antibiotics course prescribed can help worsen infections. For example, if you only take the first few days of antibiotics, you may have killed the "weaker" bacteria, but you've also stopped your antibiotics before you've eliminated the "stronger" bacteria... which could lead to an infection that is much harder to treat.

For additional questions or concerns, Dr. Jaiswal can always be reached at 856-345-9490. Thank you for trusting us with your dental health!