



Post Operative Instructions: Extractions with Ridge Preservation

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.

Your bone graft is made up of many particles. You may find small granules in your mouth during the first several days after surgery. Do not be alarmed by these. It is normal to have some of them come out of the graft and into your mouth. This sheet will outline instructions to help minimize the amount of particles that become dislodged and help promote an excellent bone graft result.

You will have gauze against the extraction site after your surgery. This should remain in your mouth for the next 20-30 minutes. Please maintain pressure by gently biting on the gauze. Continue to replace the gauze until bleeding subsides, which can sometimes take a couple of hours. The site will ooze for the next 24 hours, which is normal. Only use the gauze for a couple of hours. If you observe increased bleeding (instead of oozing) a couple of hours after surgery, please contact Dr. Jaiswal. This may point to an underlying systemic cause that may need treatment immediately.

If swelling occurs, it usually peaks at 72 hours and begins to resolve. Apply an ice pack to your cheek or jaw 20 minutes on and 20 minutes off for 24 to 48 hours. If any swelling on the floor of the mouth (or under the tongue) occurs, please contact Dr. Jaiswal. This may require immediate attention since this type of swelling may impede your airway.

You may start eating as soon as the anesthesia wears off. Aside from cold foods, eat soft foods at first and progress to solid foods. Remember, you need good nutrition for optimal healing. Make sure you have food in your stomach before taking pain medication. If prescribed nausea medication, please take as directed.

DO NOT drink through a straw, spit, rinse vigorously, or smoke! These could delay healing and increase your risk of getting "dry socket".

Unless a special rinse was prescribed, dissolve 1/2 tsp of salt in an 8 ounce glass of warm water. Allow water to remain in your mouth, but do not rinse vigorously in order to protect the blood clot in the socket. Rinsing is important to help flush out food particles. Carefully brush in areas of the mouth not involved in the surgery. A clean mouth will help you heal faster.

If sutures were placed, they will be removed at your post-op evaluation appointment. If the sutures fall off prematurely, we still want to see you in order to ensure normal healing.

Some discomfort is normal. If moderate to severe discomfort is anticipated, Dr. Jaiswal will prescribe pain medications. Take them as directed. Avoid driving, operating machineries, or drinking alcoholic beverages while taking prescribed pain medications. Avoid excess physical activity/exercise. **DO NOT SMOKE.** Smoking increases the risk of bone graft failure!

If you feel something hard at the surgical site, don't worry! It's not part of the tooth we extracted. This is the hard bony wall of the socket which originally supported the tooth. They typically heal nicely. If persistent sharp edges remain, they may require trimming. Although rare, bruising may appear on your face during surgery.

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.

Most follow up appointments are scheduled for 2 weeks after surgery. For additional questions or concerns, Dr. Jaiswal can always be reached at 856-345-9490. Thank you for trusting us with your dental health!