

Extraction Post-Op Instructions

To reduce the chances of complications, please read through and follow the instructions below.

Take it easy for the next 12-24 hours. Do not participate in any strenuous activities, heavy lifting, or operate any heavy machinery for the next 24 hours.

1. Swelling - Some swelling is normal after any surgical procedure. To reduce and control swelling, use an ice pack for the first 24 hours on the face over the surgical area (20 minutes on, 10 minutes off). After the first day, switch to a warm pack. Take the anti-inflammatory medications prescribed as directed to reduce swelling.

2. Fever - Slight fever or chills may be present after the surgery. Do not be alarmed unless fever lasts longer than 24 hours or rises above 101 degrees F. Tylenol (Acetaminophen) up to 2500mg can be taken for fever. Take the entirety of the prescribed antibiotics to prevent the onset of infection.

3. Bleeding - Some bleeding or oozing of blood is normal. Keep firm pressure on provided gauze for one hour. Change out gauze every 30 minutes to 1 hour until bleeding has subsided. If bleeding does not stop or if excessive bleeding occurs, contact our office.

4. Medications - Please take all prescribed medications as directed.

5. Graft Materials - In event that a bone graft was placed, it is not uncommon for small amounts of graft material to leak during the first day or two. Avoid touching or agitating the graft site or sutures.

6. Anesthesia - The local anesthesia we use typically lasts 3-5 hours. In rare circumstances, the numbness may last significantly longer. If numbness lasts for more than 12 hours, contact our office for further evaluation.

7. Pain - Some soreness is to be expected at the site of implant placement. Some patients will report jaw or TMJ pain following the procedure. This pain will typically go away once anti-inflammatory medications begin. If pain persists for 3-4 days after procedure, please contact our office.

8. Diet - Start with a liquid diet or very soft foods for the first 24 hours following your implant placement. This includes foods such as:

Yogurt Ice Cream Jello
Juice Pudding Soups
Milkshakes Applesauce Mashed potatoes

After 24 hours, soft and slightly firmer foods can be eaten. Avoid chewing directly on top of extraction site.

Foods to avoid for one week: Hard foods, Nuts, Chips, Seeds, Popcorn, etc.