



Post - Procedure Instructions Tooth Extraction/Implant Placement

- ◆ After an extraction or implant placement, it is important for a blood clot to form to stop the bleeding and begin the healing process — that's why we ask you to bite on a gauze pad for 30 to 45 minutes after surgery. If bleeding or oozing continues after you remove the gauze pad, place another sterile gauze pad and bite firmly for another thirty minutes.
- ◆ After the blood clot forms, it is important to protect it, especially for the next 24 hours. So, for the next 24 hours, **DON'T**: smoke, suck through a straw, rinse vigorously or spit. These activities will dislodge the clot, possibly causing bleeding to recur and slow down the healing process.
- ◆ Limit yourself to calm activities for the first 24 hours, this keeps your blood pressure lower, which reduces bleeding and helps the healing process.
- ◆ You may feel some pain and have some swelling. You can use an ice bag to keep this to a minimum. The swelling, if any, usually starts to go down after 48 hours.
- ◆ Use pain medications only as directed, call us at **753-7507** if it does not seem to be working. If antibiotics have been prescribed for you, continue to take them for the prescribed length of time, even if all symptoms and signs of infection are gone.
- ◆ Drink lots of fluids and eat only soft nutritious foods on the day of the surgery. Don't use alcoholic beverages and avoid hot and spicy foods. You can begin eating normally the next day or as soon thereafter as it is comfortable.
- ◆ For the first 24 hours take care when cleaning the teeth next to the extraction or implant site. It is very important to resume your normal dental hygiene routine after 24 hours. This should include brushing your teeth and tongue a few times a day and flossing at least once a day. This speeds healing and helps keep your breath and mouth fresh.
- ◆ After 24 hours, begin gently rinsing your mouth with saltwater three times a day (add a tsp. of salt to a cup of warm water, then swish *gently* and let it run out of your mouth without spitting). Also rinse gently after meals to keep food out of the extraction or implant site.
- ◆ **CALL US RIGHT AWAY** if you have heavy bleeding, bleeding that won't stop, severe pain, continued swelling after two or three days, or a reaction to any medication, including nausea. **After normal business hours, call our office cell phone – 352-636-2205.**