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PERIODONTICS
DENTAL IMPLANTS

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POST OPERATIVE INSTRUCTIONS FOLLOWING EXTRACTIONS

COMFORT

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area. It is advisable to avoid any strenuous activity for the remainder of the day following treatment.

SPECIAL MEDICATIONS

Pain medication should be taken before anesthetic wears off completely. **DO NOT** wait for the pain to become severe. Continue taking medication as necessary, tapering off to Advil, Nuprin or Tylenol when the prescription is no longer needed. **DO NOT** drink alcoholic beverages while taking prescription pain medication. Always take pain medication with some food to avoid nausea. Antibiotics or other medications may be prescribed; take as directed. If a rash or other allergic symptoms appear, discontinue the medication and notify our office. A slight fever or chills may occur; it is of no consequence unless it persists for more than 24 hours. A persistent low-grade fever or a reading above 102 degrees should be reported.

DIET

After extractions it is recommended to follow a healthy diet consisting of **soft cold foods** for the first day. We suggest Jell-O, cottage cheese, yogurt, cold pasta salad, etc. **AVOID** hard crunchy food such as; tortilla chips, popcorn, nuts and berries.

ORAL HYGIENE

A clean mouth heals faster. A toothbrush and floss may be used carefully in all areas except the extraction site. **DO NOT** rinse, gargle, spit or use commercial mouth rinses for the first 7 days. **Refrain from smoking** for one week as the smoking will cause infection and slow the healing process. **DO NOT** consume liquids through a straw.

SWELLING

Gently apply ice packs to the area for 15 minutes on and 10 minutes off for the first 4 hours; then 10 minutes every hour for the remainder of the day.

FUTURE APPOINTMENTS

If sutures were placed, they will be removed at your post surgical appointment one week following treatment. It should be kept as scheduled.