



INTERBAY DENTAL SPECIALISTS

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EXTRACTION POST-OP INSTRUCTIONS

- 1) ****IMPORTANT****: It is critical that the graft does not move during the initial healing. Do not pull on your lip or disrupt the graft while eating or biting in the area of the graft. Also, please be gentle washing or touching your face and avoid putting your tongue in the graft area.
- 2) **REST**: Keep your head elevated above your heart for the remainder of the day. Please allow an appropriate amount of time to recuperate from your surgery. Avoid strenuous activity for 72 hours (anything that increases your heart rate).
- 3) **MEDICATIONS**: Take medications as directed. You are prescribed an anti-inflammatory please be sure to take it for at least 3 days even if there is no pain. This is to help with the swelling that may occur.
- 4) **STITCHES**: Stitches will be removed in our office in approximately three weeks. Please do not attempt to remove the stitches. If they become loose, please return to our office.
- 5) **SWELLING**: Slight swelling is normal, but managing the swelling is critical. Ice packs can be used on the outside of the face for 15 minutes at a time for the first day. Ice should not be used for more than 15 minutes at a time. There should be at least 15 minutes of rest in-between icing sessions and a thin barrier (ex. Tissue) may be useful as a barrier to prevent freezer type burns/irritation of the face. Do not use heat on your face.
- 6) **BLEEDING**: It is normal to experience light bleeding up to 24 hours after surgery. If you have HEAVY bleeding, please apply pressure for 20 minutes with a wet tea bag to re-establish a blood clot.
- 7) **APPEARANCE**: Approximately 2-3 days after surgery the graft site may appear white or look like it is peeling off. This is normal healing. Please do not touch or move the graft.
- 8) **STENT**: A plastic stent may be provided. It is for your comfort only and does not aid in the healing. After eating and drinking please take it out and rinse it off. Do not rinse with hot water.
- 9) **SMOKING & ALCOHOL**: Both will delay the healing process and cause more discomfort in the surgical site. Alcohol will interfere with prescribed medications.
- 10) **DIET**: Please do not use straws or spit for the first 2 days. This could cause blood clots to be pulled away and result in more bleeding. Avoid any foods that are crunchy, crusty or crispy. (popcorn. chips. nuts.)
- 11) **RINSE**: Start using Periogard rinse 24 hours after surgery. 2 times per day, after your home care. Use a gentle rocking motion. DO NOT swish vigorously or use more than 2 times daily as it can stain teeth. Warm salt water rinse may be utilized as often as desired.
- 12) **HOMECARE**: Please do not brush in the surgical site for 2 weeks. Brushing is encouraged in all other areas of the mouth. Stay away from surgical site for the 2 weeks (floss. water pik. brush).
- 13) **POST OP CHECK**: You will return to our office 1-3 times following surgery so that we may check on the surgical site and remove sutures. Usually involves a 1 week check when antibiotics are almost completed, a 3 week check when sutures are ready to come out, and a 3 month check upon final healing.

**If you have any questions please contact our office.
In-case of an emergency you can reach Dr. Petrov at (425) 218 -3388.**