

Oral

SOLUTIONS NW
IMPLANT & ORAL SURGERY SPECIALIST, PC



*Post-Operative Instructions
for Dental Implants
& Extractions*

Ted Rodich, DDS

IMPLANT & ORAL SURGERY SPECIALIST, PC

office@oralsolutionsnw.com

www.oralsolutionsnw.com

503.657.8787

Post-Operative Instructions— Extractions

Immediately Following Surgery:

Bite down gently but firmly on the gauze pad that has been placed over your surgical area(s), making sure the gauze remains in place. Leave these pads in place and change when they are saturated. The packs may be gently removed after one hour, or when they are spotted (1/2 white, 1/2 red).

- **Ice:** Apply ice firmly to your cheek adjacent to the surgical area. Ice 20 minutes on, then 20 minutes off for the first 24 hours after surgery. On day two to four you may alternate between ice packs and heat packs as needed.
- **Be Cautious;** do not disturb the extraction site(s) the day of your surgery. Do not rinse vigorously, spit or probe the extraction area with any objects. Do NOT SMOKE as this is very detrimental to healing and can cause a dry socket!
- Post operative bleeding is rarely severe. Light on and off bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 min. at a time. If bleeding persists, the packs may not be directly over extraction site. Try repositioning the pack and apply more pressure while sitting upright.

**No Driving for 24 Hours after
the Anesthesia experience!**

**Please read ALL of these
instructions carefully.**

Often the after-effects of oral surgery are quite minimal, so not all of these instructions will apply to everyone. When in doubt call our office for clarification.

**Contact Dr. Rodich or our
Surgical Staff at the After
Hours Emergency Line:**

503.290.4825

Pain & Medications:

Take your first pain medication before the anesthetic has worn off to stay ahead of the pain. Some patients find that pain medication can cause nausea. To avoid this, drink a carbonated beverage (i.e.: soda) and/or a small amount of food with each pill. For additional relief, you may supplement each pain pill with ibuprofen. Ibuprofen (Advil or Motrin) bought over-the-counter comes in 200mg tablets. Please follow the package directions for proper dosing. *Do not take any medications you are allergic to or have been instructed by your doctor not to take.*

- **Antibiotics:** Take your first prescribed antibiotic the evening of your surgery, after eating a moderate meal.
- Remember, the most severe pain is usually within six hours after the anesthetic has worn off.
- On the second day following surgery, you may apply warm compresses to the cheek over the areas of swelling for 20 minutes on and 20 minutes off to help soothe tender areas. This will also help decrease swelling and stiffness.

Diet:

After surgery, eat nourishing foods that do not cause discomfort. Avoid extremely hot foods. Initially a soft food diet is recommended, such as eggs, soups, yogurts, etc. It is best to avoid foods like nuts, sunflower seeds, popcorn, etc which can get lodged in the socket area. Over the next several days you may gradually progress to more solid foods. It is important not to skip meals! If you take in nourishment regularly you will feel better and gain strength which will help you heal faster.

If you are diabetic, maintain your normal eating habits and follow instructions given by your doctor.

Stitches:

Stitches are frequently used for surgery and may be coarse to the touch. They are dissolvable and usually are gone within the first few days to a week after surgery. You will not need to be seen to have your stitches removed, so do not be alarmed when they come out.

Home Care:

Begin your normal oral hygiene home care routine starting the day AFTER

surgery. Soreness and swelling may not permit thorough brushing, but please make every effort to keep your teeth and mouth clean. If you are given a plastic irrigating syringe, it should be used on the lower extraction sites only. Begin using the syringe on the second to third day following your surgery. Use the syringe until you are certain the tooth socket has closed completely and there is no chance of any food particles getting lodged in the socket.

- **Mouth Rinse:** Keeping your mouth clean is essential to speedy healing! Use $\frac{1}{4}$ teaspoon of salt dissolved in an 8 ounce glass of warm water. Gently rinse your mouth with this solution until all 8 ounces are gone. Avoid harsh spitting. Repeat as often as you like, but at least 2-3 times a day for the first three days.

Healing:

Around day four you should start to feel better and although still swollen, you can usually begin to eat a more substantial diet. From this point on there should be a gradual improvement with pain and swelling. If you feel your pain has increased, please call our office for further instruction.



Special Notes from Dr. Rodich:

Post-Operative Instructions— Dental Implants

Oral Hygiene:

Good oral hygiene is essential for proper healing. Begin cleaning your teeth/mouth the same day as your surgery. Also, begin warm salt water rinses 2-3 times a day, especially after meals for the first several days. Do not use hydrogen peroxide. Often after implant surgery, a titanium healing cap/lid protrudes from the gum line area. This is normal. The healing cap needs to be brushed with a soft toothbrush and toothpaste.

Bleeding:

Some bleeding or redness in the saliva is normal during the first 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly over the area for 30 minutes. Repeat if necessary. If abnormal bleeding continues, call for further instructions.

Swelling:

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack firmly to your cheek adjacent to the surgical area. Apply the ice packs 20 min. on, and 20 min. off for the first 24-36 hours, or as much as possible. Heat may also be used to relieve swelling, bruising, or stiffness.

Medication:

Take your pain medication as soon as you arrive home. The prescribed medication should be taken as directed. For moderate pain, Ibuprofen

Please read ALL of these instructions carefully.

These guidelines will not apply to everyone. When in doubt call our office for clarification.

Contact Dr. Rodich or our Surgical Staff at the After Hours Emergency Line:
503.290.4825

(Advil or Motrin) may be taken every 3-4 hours as needed for pain. For severe pain, you can alternate between Ibuprofen and your prescribed pain medication. *Do not take any of the above medications if you are allergic, or have been instructed by your doctor not to take it!*

If antibiotics were prescribed, take them as instructed to prevent infection.

Diet:

Drink plenty of fluids. Generally, begin with a soft food diet. As you feel comfortable, transition your diet back to normal.

Activities:

Keep physical activities to a minimum immediately following surgery. If you choose to exercise and throbbing or bleeding occur, discontinue your activity. Keep in mind that initially you may not be taking in your normal level of nourishment which may weaken you and further limit your ability to be active.

Wearing your Prosthetics:

Partial dentures, full dentures and flippers should be worn minimally after surgery. Dr. Rodich will check your healing and give you further instruction at your post-op appointment.

No Driving for 24 Hours after the Anesthesia experience!