Post Op Treatment Instructions:

**EXTRACTION and IMPLANTS**  
Information Following Extraction or Implant Surgery:

**Bleeding:** After an extraction or implant placement, some wet gauze will be placed over the extraction site **but not implant site** to prevent excessive bleeding and to promote a healing blood clot. Keep pressure on it for 30-45 minutes and replace if bleeding continues. Slight bleeding may occur for as long as 2 days. Avoid activities that could apply suction to the blood clot, such as smoking or sucking through a straw for at least 48 hours.

**For Extractions or Implant placement:**
Rinsing: Do not rinse your mouth for 24 hours. Tomorrow you can rinse your mouth gently with a glass of warm water mixed with 1-2 teaspoons of salt. You can do this 3 - 6 times a day. If bleeding continues, use a warm moist black orange tea bag and bite with pressure for 20 minutes.

Swelling: Following an extraction or Implant surgery, some swelling and bruising may occur. An ice pack applied to the cheek will keep this to a minimum. Apply the ice pack to the affected area for 10 minutes. Remove for 10 minutes. Repeat this procedure for the next 3 hours.

**Medications:** If non-aspirin medication, such as Advil or Tylenol, do not relieve your discomfort, please contact the Office.

**Food:** A light diet with plenty of fluids is recommended for the first day. Avoid carbonated and hot beverages. Chewing should be done away from the extraction site or Implant site.

**Oral Hygiene:** Brush and floss properly, being extra gentle near the extraction site and Implant site.

Please do not hesitate to call the Office if you have any concerns. 845-897-5770