



**POST OPERATIVE INSTRUCTIONS AFTER EXTRACTION/BONE GRAFTING**

<b>AVOID FOR 24 HOURS:</b>	<ul style="list-style-type: none"><li>Hot food or drinks</li><li>Drinking from a straw and avoid spitting out with force</li><li>Carbonated beverages</li><li>Milk and dairy products (72 hours for bone grafting)</li><li>Brushing your teeth</li></ul>	<b>PROSTHODONTIC ASSOCIATES</b>  <b>Should you have any questions or concerns:</b> <b>Phone: (416) 322-6862</b> <b>Email: <a href="mailto:info@buildyoursmile.com">info@buildyoursmile.com</a></b>
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<b>MEDICATIONS:</b>	<ul style="list-style-type: none"><li>Take all prescribed medications as directed. Finish ALL antibiotics and anti-inflammatories.</li><li>Please use antibacterial rinse as prescribed and instructed. If not prescribed antibacterial rinse, you may rinse your mouth gently with salt water.</li></ul>
<b>PAIN/DISCOMFORT:</b>	<ul style="list-style-type: none"><li>Right now, you are numb. When the numbness wears off, the area of the surgery will feel sore. Everyone is different – some people feel only minor discomfort, while others may feel pain for several days.</li><li>Take your pain medications as instructed. It is always best to take pain medications before the pain starts. Your teeth may be sensitive to cold. This is normal and will likely subside with time.</li></ul>
<b>SWELLING:</b>	<ul style="list-style-type: none"><li>Swelling is normal for up to 1-2 weeks post procedure, peaking at 2 to 4 days and especially in the early morning.</li><li>First 24 hours: Apply ice pack on the outside of your face for 15 minutes on/ 15 minutes off.</li><li>Swelling may occur anywhere on the face- under the eye, around the nose, in the cheek or under the jaw. Sleep on two pillows to elevate head if needed.</li></ul>
<b>BLEEDING/BRUISING:</b>	<ul style="list-style-type: none"><li>Light bleeding (oozing) from the surgical area may occur for up to 48 hours post surgery. If bleeding resumes, control by biting down on a piece of moist gauze or a wet tea bag for a minimum of 30-45 minutes.</li><li>Until the bleeding stops it is very important that you <b>don't rinse</b> and <b>don't spit</b>. You can drink water, but you can't swoosh it in your mouth.</li><li>Bruising may occur. If bruising occurs, it may appear anywhere on the face – under the eye, near the nose, in the cheek, or on the neck.</li><li>Bruising on the face is unsightly but is perfectly normal and should give no grounds for concern. If a bruise appears, it will go away like any other bruise in 1 to 2 weeks.</li></ul>
<b>INFECTION:</b>	<ul style="list-style-type: none"><li>Infection is uncommon but <b>may</b> occur after any surgical procedure.</li><li>The detailed instructions given in this letter should minimize chance of infection. If you were given antibiotics it is very important to take as prescribed.</li><li><b>DO NOT SMOKE</b> for up to 5 days after surgery.</li></ul>
<b>STITCHES/MEMBRANE:</b>	<ul style="list-style-type: none"><li>Stitches may come out on their own or may need to be removed in 2-6 weeks. If a membrane was placed over the bone graft, this may need to be removed 2-6 weeks following surgery.</li></ul>
<b>ORAL HYGIENE:</b>	<ul style="list-style-type: none"><li><i>Tonight</i>, do not brush your teeth. <b>DO NOT</b> brush or floss the area where surgery was performed for 2 weeks.</li><li>Starting <b>TOMORROW</b> (and only after your bleeding has stopped) begin using the prescribed mouth rinse to keep the surgical site clean. After rinsing with the prescribed mouth rinse- do not eat, drink or rinse with water for 30 mins afterwards.</li><li>If not prescribed antibacterial mouth rinse you can rinse your mouth gently with warm salt water. Take a glass of warm water, add 2 spoons of salt, and mix it. You can rinse several times a day and after every meal.</li><li>If you notice significant bleeding after rinsing, stop rinsing and resume it at a later time when the bleeding has stopped.</li></ul>

<b>EATING AND DRINKING:</b>	<ul style="list-style-type: none"><li>▪ Wait for numbness to go away before eating and drinking.</li><li>▪ Advised to eat or drink on the opposite side of your mouth as you wish.</li><li>▪ <b>DIET:</b> Soft foods for 2 weeks post-procedure. Please refer to the healthy healing &amp; nutrition guide.</li><li>▪ <b>AVOID:</b> very hot food/drink, hard/crunchy food, nuts and small seeds (chia seeds, poppy seeds, raspberry seeds etc) as these can get caught in the stitches and disturb the surgical site.</li><li>▪ Protein is necessary for proper tissue production and healing. <b>DO NOT SKIP MEALS.</b> This is <b>NOT</b> a time to diet. Proper nourishment will allow you to feel better, gain strength, and have less discomfort.</li></ul>
<b>EXERCISE:</b>	<ul style="list-style-type: none"><li>▪ No strenuous exercising or activities for several days to avoid increased heart rate that may cause post-operative bleeding.</li></ul>