



## POST OPERATIVE INSTRUCTIONS AFTER EXTRACTIONS AND IMPLANT SURGERY

<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>Smoking</li><li>Carbonated beverages</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></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 other people feel more 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 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 applying pressure with a moist gauze or a wet tea bag for a minimum of 30 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></ul>
<b>STITCHES:</b>	<ul style="list-style-type: none"><li>After several days, you may notice stitches being "loose." This is normal. The stitches will be removed when you return for your follow up appointment.</li></ul>
<b>ORAL HYGIENE:</b>	<ul style="list-style-type: none"><li><i>Tonight</i>, do not brush your teeth. Do NOT brush or floss the immediate area for 2 weeks. It is okay to clean other teeth starting tomorrow (and only after your bleeding has stopped). <b>Avoid</b> use of mouth wash as it may dry out the surgical area.</li><li>You should rinse your mouth gently with <b>salt water</b>. 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>Eat on the side away from the surgical site.</li><li><b>DIET:</b> All soft foods for 2 weeks post-procedure. Please refer to the healthy healing &amp; nutrition guide.</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>