

POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS with BONE GRAFTING (Ridge Preservation Procedure)

The first 24 hours after your surgical procedure are the most important and will ultimately determine the outcome of the procedure and the course of your healing.

FOLLOW THESE POST-OP INSTRUCTIONS TO ACHIEVE OPTIMUM RESULTS:

ACTIVITY:

Since Anaesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing until the numbness has completely worn off. Absolutely no heavy activity or strenuous exercise for 24-48 hours. Heavy activity will increase blood flow, which can lead to bleeding and swelling. Only light activity. Do not rinse, spit, smoke, nor use a straw for drinking, as these activities create a suction which can dislodge the clot and can result in complications.

ICE:

Alternate every 5 minutes with an ice pack (5min on /5 min. off), as this will minimize swelling.

PAIN MEDICATION:

If a prescription hasn't been indicated for you, you may take over-the-counter Ibuprofen (if not allergic to it, or not taking Aspirin) available at any local pharmacy (Ex: Brufen). Each tablet is 200mg. You may take up to 800mg (4 tablets) every 8 hours based on your degree of pain. You may continue this for 2-5 days based on your pain. If necessary, you may also take 1 tablet of paracetamol (Crocin) 325mg in addition to the above every 4-6 hours.

ELEVATION:

Sleep with your head elevated at night. This will also help minimize swelling.

FOOD:

Only a soft diet is recommended for the first day. Do not EAT or DRINK anything HOT for the first 24-48 hours. Food and drinks should be consumed at room temperature. If possible, it is recommended to chew food on the opposite side of the surgical site for the first few days. Avoid consumption of alcoholic beverages for 48 hours and never mix alcohol with any medication prescribed.

SUTURES:

You will almost always receive a suture. Your Dentist would have explained if you need to come back for their removal. If you do not, then your sutures are intended to dissolve. If your dentist indicated your sutures need to be removed, please follow up with the clinic after the specified time period/days. Avoid disturbing the sutures with your tongue. It is not uncommon for sutures to come loose earlier than expected. If this becomes bothersome, please call the clinic.

HYGIENE:

Gently cleanse the area with a Q-Tip. Avoid brushing the surgical area for a few days, after which, resume brushing, but gently with an extra soft bristled toothbrush.

AVOID:

Avoid Tobacco products (smoking or chewing), alcohol, peroxide rinses and harsh mouthwashes.

ANTIBIOTICS:

Take your antibiotics as directed until they are completely finished. If you have any diarrhoea or stomach problems, immediately call your Primary Care Physician and your Dentist.

HEALING:

In the next 3-4 months your graft will be integrating with your bone and become stable. Avoid any excess pressure to the area during this time.

Please give us a call if you have any questions or send us an email at: frontdesk@dentallavelle.com