

INSTRUCTIONS FOLLOWING EXTRACTION AND GRAFTING

1. As you arrive home, use a cold pack on your face next to the surgical area to help keep the swelling down. Wet washcloths frozen in a Ziploc bag are beneficial. Keep the cold packs on for 20 minutes, and off for 10 minutes. Repeat this sequence for several hours. The application of a cold pack usually is the most beneficial in the first 24 hours, and should not be used after that.
2. Some patients will have some degree of swelling following an extraction, and this will occur on days 2-3, and then will go down. If you feel the swelling is severe, and you feel that you have fever, please call your doctor.
3. You will have some discomfort in the area of the surgery. Please take any prescribed medications by your doctor as indicated. If you were given an antibiotic, please take this entire prescription until it is gone.
4. Take any pain medication and/or antibiotics as directed. Unless otherwise specified or contraindicated, take the following **together every 6 hours** as needed for pain:
 - a. 1 tablet 600 mg ibuprofen
 - b. 1 tablet extra-strength Tylenol (500 mg acetaminophen)
 - c. ½ tablet of No-Doz alertness aid (100 mg caffeine; optional)
5. Do not attempt to brush or floss the area of the surgery. It is ok to brush and floss other areas of the mouth, but avoid the surgical area. It is beneficial to rinse VERY gently several times throughout the day **beginning 24 hours after the procedure** with warm salt water or a prescribed mouth rinse.
6. Avoid smoking and alcoholic beverages for the first week. Both of these items interfere with healing and can cause additional postoperative problems.
7. Please limit your physical activities following surgery. Do not do anything strenuous for the first 3 days postop. You can begin to exercise lightly after the 3rd day. Try to take it easy and get plenty of rest on these days.
8. If you have sutures in place, and you feel that one is loose, do not attempt to remove these on your own. If you feel “grains” coming out of the socket, please call our office.
9. It is common to have some slight oozing of blood mixed in your saliva for 24-48 hours following surgery. Wet gauze or damp teabags held with pressure on the surgical site will usually control any bleeding. If you do see excessive bleeding or heavier amounts of bright red blood, please call the office.
10. Drink plenty of cool fluids in the first few days but **avoid sucking through a straw for the first 24-48 hours**. Try to eat softer foods for the first week, and try to eat away from the surgical site. Avoid spicier foods, and tougher foods that require a lot of chewing. If you feel that you are not getting enough nutrients, it is helpful to supplement your diet with a nutritional drink such as Ensure. Try to avoid biting down in the area of the procedure.
11. If you feel like anything is out of the ordinary, or have any questions, please call the office – we are here to help. **Dr. Miller can be reached after hours for emergencies at (240) 994-7200.**