

Post Operative Instructions Following Tooth Extraction with Bone Graft or Implant

Congratulations! You have just had a surgery to improve your dental, and your systematic health. Bone graft material and/or membranes may be used to “re-build” tissues lost. The most important factor that promotes healing is the stabilization of the surgical area. Thus, the surgical site must remain undisturbed for at least 14 to 28 days after surgery depending on the type of surgery.

You will most likely have some discomfort, swelling, and bruising. These things happen with all surgeries to varying degrees. Please follow the directions below to make it easier on you.

The Day of Surgery

- You will have discomfort. If you can, please take Aleve or Advil, and Tylenol as recommended. This will help with pain and swelling. If you cannot take these medications, please let us know! Do not take Aspirin, unless you are taking it as recommended by your Primary Care Physician. **Please read the pain drug instruction sheet.**
- Swelling will occur. Apply an ice pack to the surgical site (outside your mouth) alternating 20 minutes on, and 20 minutes off for the first day. Ice chips in the mouth also help with pain and swelling.
- **DO NOT RINSE WITH ANYTHING.**
- **DO NOT SMOKE** (Smoking will compromise the healing and success)!
- **DO NOT** drink carbonated or alcoholic beverages for a week after surgery.
- **DO NOT** suck from a straw or spit. Doing so may make you bleed from the surgical site.
- Please adhere to a softer diet (softness of grilled fish or strawberries) and avoid chewing on the surgical site for at least 14 days (*NO* popcorn, peanuts, chips, etc).
- No heavy activity or exercise for at least 72 hours. Keep your blood pressure down to minimize swelling.
- **DO NOT** pull your lip down to show or look at the surgical site. You will break the sutures.

The Days after Surgery

- Follow all of the post operative directions as noted above, and **DO NOT SMOKE!**
- **Rinsing is not critical to healing.** If you need to rinse then rinse with salt water (1 teaspoon in a cup of warm water) over the surgery site, and then lightly spit it out. Please do not swish as you normally would with mouthwash! Again, **DO NOT** disturb the surgical site. The sutures will get loose over two weeks.
- **DO NOT** brush around the surgical site. We will let you know and show you how to brush around the surgical areas when the time is right.
- **You can brush and floss everywhere else in your mouth except in the surgical area starting the day after surgery.**
- Some bone granules may come out. This is to be expected and is not a concern.

Swelling and pain will increase on the third day after surgery. Please do not be alarmed as this is to be expected. The swelling will be constant for 3 to 7 days. After day 7 the swelling will usually decrease significantly. Bleeding and oozing from the surgical site may occur and is normal for the first 24 hours. Bone graft loss of several granules over the first week is normal. Be sure to put a towel on your pillowcase to avoid staining your linens.

If EXCESSIVE bleeding, pain, or swelling occurs, during business hours please contact the office at 719-545-6485. If you have an EMERGENCY after business hours, please contact Dr. Grimard by phone/text message at 719-553-7167. Please contact us and not your regular dentist if you have concerns.

IMPORTANT DRUG INFORMATION

Non-Steroidal Anti-Inflammatory Medications (NSAIDs) Advil (Ibuprofen) or Alleve (Naprosyn)

NSAIDs are medications used to control mild to moderate pain. These medications also have an anti-inflammatory action, helping to decrease swelling and inflammation at the surgical sites. The major side effect of NSAIDs is stomach upset. Take these medications with meals or with milk to lessen this complication. If you are prone to stomach ulcers, take this medication cautiously and discontinue if you have any stomach pain, nausea, or vomiting. **Do not take NSAIDs if you have had any allergic type reactions (itching, swelling, rash, difficulty breathing, etc.)** after taking ibuprofen (Motrin, Advil), aspirin, or other non-steroidal anti-inflammatory medications (Aleve).

Recommended dose of NSAIDs after surgery. Only take ONE of the NSAID medications listed below.

→ Take four (4) tablets of the over the counter (OTC) ibuprofen (200mg/tablet) every eight (8) hours. Do not exceed 2400mg in 24 hours.

or

→ Take one (1) tablet of the over the counter (OTC) naprosyn (220mg/tablet) every eight (8) hours. Do not exceed 660mg in 24 hours.

Acetaminophen (Tylenol)

Tylenol is a pain reliever and fever reducer that works in a different way than NSAIDs do. Tylenol can be taken in conjunction with NSAIDs, alternating between the medications.

→ Take two (2) tablets of Extra-Strength Tylenol (500mg/tablet) every eight (8) hours. Do not exceed 4000mg of Tylenol in 24 hours.

Recommendations:

→ **Alternate between one of the above NSAIDs described above and acetaminophen (Tylenol)**
Example: Take 800mg of ibuprofen (wait 4 hours) then take 1000mg of Tylenol (wait 4 hours) then take 800mg of ibuprofen (wait 4 hours) then take 1000mg of Tylenol etc.....

Vicodin (Hydrocodone + acetaminophen (Tylenol))

This medication is used to control moderate to severe pain. This medication may make you drowsy, so avoid operating any machinery, making business decisions or driving while taking this medication. Take 1 tablet every 6 hours as needed for pain. Vicodin can be taken in conjunction with the above mentioned NSAIDs, but **discontinue any use of acetaminophen (Tylenol)**, because Vicodin already has acetaminophen compounded in it. An overdose in acetaminophen can lead to liver failure.

This medication may or may not be prescribed to you.

Make sure your doctor is aware of any allergies, medications, medical conditions such as pregnancy, heart, lung, liver, stomach, colon, kidney disease, and diabetes before taking these medications. There may be severe interactions with these medications and your condition.