



## **Post-Treatment Instructions Following Oral Surgery, Bone Grafting, PRF, and/or Tooth Removal**

- † **SWELLING:** The maximum amount of swelling or discomfort will usually occur within the first three days following your procedure. A reusable ice bag or a frozen vegetable bag, wrapped in a soft towel, may be applied to the area of surgery to help minimize swelling. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24-48 hours after surgery. Keeping your head elevated above your heart will also help. Most swelling can occur in the morning and up to 3 days after surgery. Avoid sleeping/lying on the side where surgery was performed. Two days after surgery, moist heat will help resolve minor swelling. Major swelling should be reported to the doctor at once.
- † **ACTIVITY:** Avoid excessive activities and heavy lifting for 24 hours following your procedure. Rest and keep your head elevated. It is not uncommon to experience slight discomfort for the first 2-4 days following your procedure. If prescriptions were given to you by your dentist, be sure to take all medication(s) as prescribed. If non-resorbable sutures were placed, it is important to have these removed in 5-7 days to avoid possible infection.
- † **BLEEDING (Tooth Removal ONLY):** It is normal to experience slight bleeding for up to 36-48 hours following your procedure(s). Slight bleeding is described as traces of blood in the saliva. To control bleeding and protect the healing blood clot, maintain gentle pressure by biting on the gauze square provided to you over the treatment area for approximately 1 hour or until bleeding stops. If the treatment site begins to bleed severely, you may place a moistened tea bag in the gauze square over the area, applying gentle pressure by biting on the gauze. Never use napkins or tissues in an attempt to absorb the blood. Do not do this if you have had bone grafting and/or PRF.
- † **DIET:** For proper healing, it is very important that your intake of food and water be adequate. You should maintain a soft food/liquid diet for the first 48 hours following your procedure, and avoid the surgical area(s) when chewing. You should be sure your choice of foods creates a nutritionally balanced diet. **DO NOT DRINK THROUGH A STRAW AND REFRAIN FROM SMOKING for 30 days**, as these activities will contribute to post-operative complications. Avoid caffeine and alcoholic beverages until after your post-operative appointment.
- † Do Not Smoke! Smokers do not heal well as smoking inhibits the body's ability to heal and can significantly compromise surgical outcomes.
- † **ORAL HYGIENE:** A clean mouth heals faster. Continue with your usual oral hygiene program (brushing and flossing), avoiding the treatment area for the first 48 hours. **DO NOT RINSE YOUR MOUTH or use mouthwash for the first 48 hours following your procedure**. After 48 hours, you should rinse your mouth GENTLY with warm salt water (1/2 teaspoon salt in a 6-ounce glass of warm water) to promote healing.
- † **Additional POST-TREATMENT INSTRUCTIONS following Bone Grafting and/or PRF:** Do NOT touch, press, rub, or manipulate the treated areas in your mouth for 30 days. Avoid all non-steroidal and steroidal anti-inflammatory agents such as aspirin, ibuprofen, and Aleve, Gingko Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids for at least 3 days to 1 week before and after your treatment.
- † **QUESTIONS:** You should call the office if you have any questions or concerns regarding your treatment or postoperative care. The office phone number is (520) 568-9100.

