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INSTRUCTIONS FOLLOWING TOOTH EXTRACTION WITH SOCKET-GRAFT SURGERY

The placement of dental implants, bone-grafting, sinus-grafting, or socket-grafting is a surgical procedure. Post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully.

Immediately Following Surgery

- Once you are home, have something to drink and eat something cool and soft such as; apple sauce, pudding, or yogurt. After eating take your first dose of pain medication, even if you are still numb.
- Vigorous mouth rinsing or touching the wound area following surgery should be avoided on the first day. This may result in the blood clot being dislodged.
- Restrict your physical activities the day of surgery and the day following surgery. You may begin to resume normal activity on the subsequent day, if and when you feel comfortable.
- Place ice packs to the sides of your face where surgery was performed. Refer to the section on swelling for further explanation.

Bleeding

Most patients who undergo extraction with an immediate socket/bone-graft do not experience significant bleeding or oozing following the procedure. Slight bleeding, oozing, or redness in the saliva is not uncommon. Persistent bleeding may be controlled by gentle rinsing or wiping any old clots from your mouth, then placing a folded gauze pad over the area and biting firmly on the gauze for 45 minutes. Remember, it is the pressure over the surgical site, not the absorbency of the gauze that will help in the clot formation to slow and stop the bleeding. Change the gauze packs every 45 minutes for three to six changes over the next 4-6 hours as needed. If bleeding continues, continue using the gauze and make sure that the gauze packs are positioned directly over the extraction sites. Ensure that you are biting firmly on the gauze.

Elevating the head with 2-3 pillows or sitting up in a recliner will also help stop the bleeding by decreasing the blood pressure in the mouth.

If bleeding still persists, moisten a tea bag (black tea) in ice cold water and place over the extraction site and bite down for thirty to forty-five minutes intervals may help control the bleeding. The tannic acid in the tea leaves helps to form a clot.

You should not have to go to bed in the evening with gauze in your mouth.

To minimize further bleeding, try not to become too excited or to partake in strenuous physical activities, try not to talk too much, avoid using straws, and avoid vigorous mouth rinsing. If bleeding does not subside, call for further instructions.

Pain

For severe pain, take the pain medication as prescribed (usually every 4-6 hours). The prescribed pain medicine may make you groggy and will slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages.

Pain or discomfort following surgery should subside more and more every day. If pain persists, or increases after 36 hours, it may require attention and you should call the office.

For moderate pain, over the counter Ibuprofen (Motrin or Advil), can be effective in controlling pain. 600mg (3 over the counter tablets of 200mg each) is equivalent to prescription strength Motrin. This dosage can be taken every 6 hours.

Some patients find that 600mg of Ibuprofen (Motrin or Advil) works well in conjunction with their prescribed narcotic pain medication. It is important to remember that whenever taking any pain medication, it is best to take them with some food to help avoid an upset stomach.

Nausea and Vomiting

Nausea can be caused by the anesthesia, the blood in your mouth and stomach from the surgery, or the prescribed pain medication. In the event of nausea and/or vomiting following surgery, stop taking anything by mouth for at least an hour including the prescribed medicine. You should then sip on clear soda (ginger-ale, sprite, etc) or tea. You should sip slowly over a 15 minute period. When the nausea subsides, you can begin eating solid foods. Before trying the prescribed narcotic medicine, try taking Ibuprofen or Tylenol for pain. There is less chance of nausea with these medications. You may find that they are completely effective at managing your discomfort.

If nausea and vomiting persist, please call the office (during regular business hours) or the doctor directly on his cell phone (after-hours, evenings, nights, weekends) for further instructions.

Swelling

The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. This is the body's normal reaction to surgery and eventual repair. The swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days postoperatively; however, the swelling may be minimized by the immediate use of ice packs. Baggies filled with ice or ice packs should be applied to the sides of the face where surgery was performed. The ice packs should be left on continuously while you are awake. After 12-24 hours, ice has no beneficial effect. Sleeping with your head elevated for the first 3-4 days helps minimize the swelling. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal response to surgery. Thirty-six hours following surgery, the application of moist heat to the sides of the face may be beneficial in reducing the size of the swelling.

It is normal to have generalized swelling for the better part of the week following dental extractions, bone-grafting, or dental implant procedures. Should you have an increase in swelling after "72 hours" please give us a call for further instructions.

Bruising and Discoloration

In some cases, discoloration of the skin follows swelling. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur 2-3 days post-operatively. Moist heat applied to the area may speed up the removal of the discoloration

Diet

Initially, after general anesthetic or I.V. sedation, liquids should be taken. Drink from a glass, and do not use a straw. The sucking action through the straw can cause more bleeding by dislodging the blood clot. You may eat anything soft by chewing away from the surgical site(s). High-calorie/high-protein intake is very important. Nourishment should be consumed regularly. You should prevent dehydration by drinking fluids regularly. Your food intake will be limited for the first few days. You should compensate for this by increasing your fluid intake. At least 5-6 glasses of liquid should be taken daily. Try not to miss a single meal. If you continue to eat, you will feel better, have more strength, less discomfort, and heal faster.

Keep the mouth clean

Until the day following surgery, no vigorous rinsing should be performed. On the night of Surgery, it's okay to gently rinse and brush your teeth. The day after surgery, begin rinsing with at least 3-4 times a day, especially after eating, using a cup of warm water mixed with a teaspoon of salt. Avoid vigorous rinsing. Remember to gently brush your teeth 2-3 times per day. Do not be afraid to brush. It is very important to keep the teeth near your surgical site clean to decrease risks of infection.

Antibiotics

If you have been placed on antibiotics, take the tablets or liquid as directed. Discontinue antibiotic use in the event of a rash or other unfavorable reaction, but be sure to notify the doctor. Call the office if you have any questions.

Wearing your Prosthesis

Temporary teeth, partial dentures, flippers, or full dentures should be worn as little as possible after surgery especially for at least 10 days unless specifically discussed or instructed otherwise with your doctor prior to your surgery.

Infection

Infection following dental implant placement or bone-grafting procedures is very rare, but can occur. Typically if an infection were to occur it would be in the first 3-5 days following surgery. Signs and symptoms include increased swelling after three days, failure of the swelling to begin to subside after four days, new/increased pain, or drainage/pus at the surgical site. Infection is typically managed by antibiotics, but sometimes can require drainage. Should you be experience these signs or symptoms, please call for instructions.

Other Conditions, Concerns, or Complications

- If numbness of the lip, chin, or tongue occurs there is no cause for alarm. As stated before surgery, this is usually temporary in nature. You should be aware that if your lip or tongue is numb, you could bite it and not feel the sensation, so be careful. If the numbness continues after 72 hours, please call the office for instructions.
- Slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists after 48 hours, notify the office. Meanwhile, Tylenol or ibuprofen should be taken to reduce the fever.
- You should be careful going from the lying down position to standing. Taking pain medications can cause you to become light headed or even faint when you stand up. Before standing up, you should sit upright for one minute before attempting to stand up.
- If the corners of your mouth are stretched, they may dry out, become chapped, and crack. Your lips should be kept moist with an ointment such as Vaseline.
- Sore throats and pain when swallowing are not uncommon. The muscles get swollen. The normal act of swallowing can then become painful. This will usually subside in 2-3 days.
- Stiffness (Trismus) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event, which will resolve over 7-10 days.

Finally

Extraction with Socket Bone Graft Procedures- You may notice there is a temporary/dissolvable collagen plug held in place by dissolvable sutures and possibly a special sealant glue. The temporary/dissolvable collagen plug placed over the socket graft will dissolve or become dislodged or come out completely sometime between 2-14 days. Try not to disturb this area while you are healing. Make sure to brush the adjacent teeth, but just be gentle as you approach the collagen plug dressing over the extraction site. As you brush there may be a little bleeding and it is not unusual for there to be some excess graft particles that will come loose. When this happens there is no cause for alarm. The important portion of the graft is secure below the gums. Just continue to brush your teeth and rinse your mouth gently as directed.

If you are involved in regular exercise, be aware that your normal nourishment intake will likely be reduced. Exercise may further weaken you. If you get light headed, stop exercising.

Remember, if you have any questions or concerns during normal weekday/business hours, please contact the office at 407-553-2894. If you have questions or concerns during evenings/after-hours/holidays, please contact your doctor directly on the after-hours phone line:

Dr. Terezides 407- 259- 4769