

## Postoperative Instructions- Extraction and/or Bone Grafting

### I. Right after your Surgery

1. Dr. Wang will place a gauze pack on the extraction site to limit bleeding and confine the blood while clotting takes place. This gauze pack should be left in place for 20-30 minutes after you leave our office. Do not chew on the pack. There may be some bleeding or oozing after the pack is removed. If so fold a piece of clean gauze, wet it then, place it directly on the extraction site for 30 minutes. Apply moderate pressure by closing the teeth firmly over this pad.
2. Following surgery, proper rest is important in aiding healing and reducing the possibility of discomfort, bleeding, or other complications.
3. Apply ice packs to face (on 15 minutes, off 15 minutes). Continue this procedure for a period of 3 hours.
4. Do not rinse for 12 hours. After 12 hours you may rinse with a solution of salt water (1 teaspoon salt/1 cup warm water) every 3-4 hours. Remember NOT to rinse vigorously.
5. Do not eat or drink for 2 hours after surgery.
6. During the next 3 days, avoid excessive exertion of any type (golf, tennis, jogging, mowing lawn, heavy lifting, etc.). You may follow your regular daily activities provided they do not require a great deal of physical exertion.
7. You might consider using an extra pillow while resting to alleviate postoperative discomfort.
8. During healing, you may experience tooth sensitivity to temperature changes (particularly to cold). This is usually temporary and should gradually diminish in approximately 6-8 weeks.

### II. Medications

1. Take medications as prescribed. Follow instructions for all medication accurately.
2. If you will be taking a narcotic, do not drive, operate machinery, or drink alcohol.

### III. Diet

1. It is extremely important that you maintain your regular diet as much as possible in order to promote proper healing. Avoid eating hard foods that require a lot of chewing pressure, tart or spicy foods, nuts, chips, or popcorn.
2. Drink plenty of fluids the first 48 hours after surgery.

### IV. Oral Hygiene

1. Brush parts of mouth on which surgery was not performed. Do not brush the area where surgery was performed for the next four weeks. Be sure to brush other areas at least twice a day.
2. Floss your teeth but not in the area of surgery until Dr. Wang advises it.
3. Rinse your mouth carefully after eating.

### V. You may Experience:

1. Swelling and/or discoloration may occur- this may last several days.
2. In the event you have pain and the medicine prescribed for you does not give you relief, please contact Dr. Wang. **Office: (603) 224-9474**