

POST OP INSTRUCTIONS

BLEEDING – Some mild oozing is normal. To help control bleeding, try biting a wet gauze or wet tea bag for 30 minutes. If the bleeding persists, you may reinsert the same gauze for 30 more minutes. Be sure to protect your blood clot and avoid disturbing it. Sleep with your head elevated for the first night. Also, be careful when brushing your teeth. Do not rinse nor expectorate (spit) for 24 hours, thereafter continue to avoid rinsing too aggressively.

SWELLING – Mild swelling is normal. It may actually increase slightly on the 2nd or 3rd day. To reduce swelling, apply ice packs for 20 minutes, 4 times per day for the first and second days.

PAIN/DISCOMFORT – Following a surgical procedure some discomfort may be normal. The goal is to control it while it improves day to day. In order to best manage discomfort, take your medications before the pain starts. A narcotic will help you sleep, however, a combined dose of Tylenol ES and Motrin 400mg every 4 hours is recommended if your medical condition allows you to take each individual drug or both.

HYDRATION – Proper hydration will help speed up your recovery and healing, so be sure to drink plenty of clear and caffeine-free fluids (i.e., water).

EATING/NUTRITION – Start with liquids such as Ensure or Boost. Then you may progress to meatloaf or softened vegetables. Soft, warm, and bland foods will be more comfortable to chew and less likely to cause you discomfort.

RINSING – Your mouth and surgery site are very sensitive at the beginning, so do NOT rinse your mouth for 24 hours and do NOT use commercial mouthwashes for 2 weeks. After 24 hours, you may gently rinse with warm salt water (1/2 tsp. salt per 8 oz. water). Once again, be careful not to disturb your surgery site by rinsing too aggressively. If you have had a graft, you'll want to be extra gentle.

EXERCISE will increase your blood pressure, which may increase your pain and bleeding, so it is best to avoid exercise for 2 weeks.

SMOKING AND DRINKING will impair your healing process, increase pain, and may cause failure of your procedure. Please AVOID the use of any cigarettes and alcohol.

SUTURES will be removed during your 2-week follow-up visit. Often, we use resorbable sutures that may degrade and come loose before the 2-week visit. Please don't be alarmed if this happens.

IMPLANTS AND GRAFTED SITES – It is important not to disturb or place pressure on your implant or grafted site because these sites need to heal undisturbed. However, cleanliness is essential for success, so after 48 hours, keep the site clean by swabbing it gently with a wet Q-tip dipped in salt water or chlorhexidine mouthwash.

DRY SOCKET – If you have severe pain, a bad taste, putrid odor, and/or poor clot formation in an extraction site then you may have dry socket. The most common causes of dry socket are smoking, aggressive rinsing, and drinking. If you experience any of these symptoms, call us immediately.

COMPLICATIONS – Although the occurrence is rare, complications may arise following your surgery which may require medical attention. If you experience severe swelling, prolonged bleeding, severe pain, high fever, dizziness, allergic reaction, or any symptom that concerns you, please call us immediately. In the event you cannot reach us in a reasonable amount of time, go to the nearest emergency room for immediate medical attention.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS,
PLEASE CALL US: 806.795.5226**

We have prescribed the following medication for you:



**JASON P. WHITE,
D.D.S.**

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