



Instructions for Homecare of Extractions and Implants

Please read these instructions carefully. If you have any questions or concerns regarding these instructions do not hesitate to ask your dentist or surgical assistant.

DO NOT RINSE for first 24 hours after surgery- This is to avoid disturbing the blood clot which forms in the area for proper healing. After 24 hours, rinse with a warm salt water solution and/or Peridex several times a day after meals.

TO CONTROL BLEEDING, bite firmly on gauze for 30 minutes- Continue to change the gauze at home until it no longer comes out saturated. Some oozing from the area is normal for the first 24 – 48 hours; expect gauze and saliva to be pink. If bleeding persists after several attempts with the gauze, you may also bite on a wet tea bag as this helps halt the bleeding.

PAIN RELIEF: An analgesic (Ibuprophen 800 mg.) and possibly a pain medication(Lortab) will be prescribed- Take one(1) Ibuprophen every six (6) hours for the first few days. If the ibuprophen doesn't keep you comfortable on its own, you may take the Lortab in addition. Please discuss any additional pain medication that you are taking with your dentist or surgical assistant to avoid any unnecessary complications.

ANTIBIOTICS will be prescribed by the doctor- Take the antibiotic as prescribed by your doctor for the ten (10) days after surgery. If you develop a fever or other symptoms and side effects (nausea, vomiting, rash, itching), please contact the office immediately.

MINIMIZE SWELLING by placing an ice pack (a pack of frozen peas or corn works well also) on your face for twenty (20) minutes at a time for the first two (2) hours after surgery. DO THIS ONLY ON THE DAY OF SURGERY.

DO NOT SMOKE- Avoid smoking after surgery until healing is complete. The risk of infection and failure of implants could be the result.

AVOID SITE TRAUMA by not eating until the anesthetic has completely worn off. Also avoid vigorous rinsing, spitting and use of a straw for the first two (2) days as this may disrupt proper healing.

AVOID EXCESSIVE EXERTION FOR 48 HOURS- DO NOT DRIVE IF YOU HAVE TAKEN ANY MEDICATION THAT MAY CAUSE DROWSINESS OR LOSS OF COORDINATION.