

Oral Surgery, Dental Implant, Gum Graft and Bone Graft Post-Operative Instructions

April 8, 2025

LIZ «MI» LIZ

1. Apply an **ICE** pack to the outside of the face over the surgical site to reduce swelling (normal after an oral surgery procedure). **Leave the ice pack on for 20 minutes EACH hour until bedtime regardless of the lack of surgical swelling or pain.** This procedure should be repeated up to 24 hours to help reduce swelling, pain, and bleeding. Frozen vegetables work very well as ice bags. **This is extremely important.**
2. Keep your **HEAD ELEVATED** when resting and sleeping for the first day. This will reduce both bleeding and swelling and is extremely important.
3. **BITE WITH FIRM, STEADY PRESSURE on the gauze** given to you for 30 - 60 minutes. Dampen with water then bite for 30 continuous minutes. Replace as necessary for the first few hours after surgery. Bleeding following surgery is normal. If profuse bleeding occurs after three or four hours, elevate your head and bite with firm, steady pressure on damp gauze or a **moist tea bag (must be caffeinated)** for 30 minutes. Some blood from the nose is normal. If this does not slow down the bleeding, call the office. Take all medications prescribed by this office.
4. **STARTING TOMORROW GENTLY** rinse your mouth with warm salt water three times a day each time for 30 seconds. Do not rinse on the day of surgery. Dissolve one-half teaspoon in an 8-ounce glass of warm water. **If you have been prescribed a special dental rinse (chlorhexidine), use it instead of salt water.** Continue this three times per day for 10 days or longer if instructed, as this is important for normal healing.
5. **DO NOT USE A STRAW** – Sucking may cause loss of blood clot, or opening of the sinus!
6. **You may eat and drink.** If you have had a routine extraction or implant surgery, it is important that you eat solid food as comfort will allow, although you should avoid sharp crunchy foods for several days. Soft foods such as pasta, boiled chicken, eggs, flakey fish are excellent choices. Chew on opposite side.
7. **DO NOT SMOKE ANYTHING, VAPE or DRINK ALCOHOL** – Smoking and alcohol will slow your healing, and greatly increases the risk of a dry socket, implant or bone graft failure. Marijuana also causes poor healing!
8. Normal tooth brushing is permitted but skip the day of surgery– be gentle in the surgical area.
9. If you are concerned about any event or symptom following your surgery, please call promptly. A call will often avoid more serious complications. Do not call your physician, he or she is not acquainted with the events that brought about the situation.
10. **If you have been prescribed an antibiotic, please take your first dose 8-12 hours from the start of your appointment time.** If you develop diarrhea, please call the office. “Florastor” an OTC probiotic is strongly suggested to start at the same time as the antibiotics. Yogurt with active cultures daily for 2 weeks is encouraged for gut health.

GUM GRAFTS ---Do not look at the graft! Pulling on your lip to look at the graft will destroy the blood vessels that are growing, may break the stitches and the graft will not take. Do not make exaggerated movements with your lips in the area of the graft for the first week. **Do not brush the grafted area for 21 days.** Starting the day after surgery, use a Q-tip and the antibacterial rinse we gave you to gently swab the teeth in the area of the graft, and the area the graft was taken from. Do this for 10 days. It is normal for the palate to bleed even for a day or two.

If any tooth besides a wisdom tooth was removed, replacement with a dental implant is the most natural, conservative and cost-effective method of replacement. Be sure to replace the tooth with an implant within the first six months to prevent the guaranteed bite collapse and 40-60% bone loss that are caused by missing teeth. Dr. Amin is a board-certified Dental Implant Specialist who is a nationally recognized speaker in the industry.

Please call the main office line and listen to the voicemail to get connected to Dr. Amin if you need! We have an after hours emergency phone number listed on our detailed voicemail at 818-846-3203