

Custom Periodontics & Implantology

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Post-op Instructions Extractions

The first 24 hours after your surgical procedure are the most important and will ultimately determine the outcome of your procedure and the course of your healing.

Follow these post-op instructions to achieve optimum results.

1. **Absolutely no activity for 24 hours** and only light activity in the week to follow. Heavy activity will increase blood flow, which can lead to bleeding and swelling
2. **ICE:** Alternate every 15 minutes with the ice pack (15 min on/15 min off). This will accelerate your healing and minimize any swelling or bruising.
3. **Ibuprofen:** Continue to take 600mg of Ibuprofen every 4-6 hours for the next 3-5 days. If you are not hurting, it is because the medicine is working so keep taking it.
4. **SLEEP** with your head elevated at night. This will also help to minimize any swelling.
5. **FOOD:** Only liquids or foods that resemble a liquid for the first week. Nothing hot (temperature) for the first 24 hours. Please avoid pasta and rice. Although they are soft foods, they are notorious for getting stuck in extraction sockets.
6. **HYGIENE:** Gently brush the area with a super soft toothbrush for the first 2 weeks. Cleanse the area with the Peridex mouthwash 2-3 x a day for the next week.
7. **ANTIBIOTICS:** Take your antibiotics until they are completely finished.
8. **SUTRES:** Your sutures will dissolve. They will be in place for at least 7-10 so try not to play with them with your tongue. The sutures will be removed when the tissue is stable. Some of your sutures may come loose early or dissolve early, this is not uncommon and not an emergency.
9. **SENSITIVITY:** You may experience sensitivity to hot and cold as your tissue heals. This is normal.
10. **EMERGENCY:** Should you have any problems with bleeding, swelling or pain please call (214)454-3816 and leave a message at the tone. Your call will be returned right away.