



## GREEN LAKES DENTAL

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### Post op instructions (Extractions, Bone Grafts, Implants and Alveoplasty)

#### Rest and Ice:

- Rest quietly with your head elevated for the day. Limit physical activity for 24 hours & avoid exertion for 1 week.
- Place an ice pack on your face over the surgical area; 20 minutes on and 10 minutes off.
- Use the ice pack for the first day following surgery. This will contribute to your comfort and minimize swelling.

#### Medication:

- If an antibiotic OR steroid was prescribed, take it as directed until it is **All GONE**.
- Some medications may cause an upset stomach. Taking these with food will lessen this side effect.
- You may take the combination in either of the following dosages:
  - 3 Advil Liqui-Gels and 2 Regular Strength Tylenol, every 4-6 hours as needed OR**
  - 3 Advil Liqui-Gels and 1 Extra Strength Tylenol, every 4-6 hours as needed**

*Women please note: if you are currently taking Birth Control pills, antibiotics will decrease the effectiveness of the Birth Control pills and alternative methods should be utilized.*

#### Bleeding:

- Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following surgery.

#### Mouth care:

- Avoid spitting or sucking through a straw for 24 hours after surgery. Blood is clotting and this will disturb the healing.
- You may begin to brush the NON-SURGICAL areas the day following surgery.
- Rinse with warm salt water (1/2 teaspoon of salt in 12 oz. of water) after each meal gently, beginning the day after surgery.

#### Eating:

- Do not eat on the surgical side or area for several weeks.
- Eat a balanced diet of softer foods for the first week such as pasta, eggs, fish, yogurt, soup, pudding and soft cooked vegetables. **Soft foods are items that are easily cut with a fork.**
- Avoid extremes: very hot, very cold or acidic foods. Do not eat hard crunchy foods such as popcorn, seeds, nuts or chips after surgery.

#### Bruising:

- Bruising is also very common after surgery. The discoloration is due to blood spreading beneath the tissues.
- This is a normal post-operative occurrence, which may occur 2-3 days post-operatively and last up to 14 days.

#### Alcohol/Aspirin:

- DO NOT CONSUME ALCOHOL WHILE ON PAIN MEDICATION.
- Avoid alcohol and aspirin for 2 weeks after surgery. These are blood thinners and may cause bleeding, delaying the healing process.

#### Tobacco / Vaping (electronic cigarettes) use:

- We strongly advise NOT SMOKING after surgery.
- Smoking / Vaping (e-cigarettes) delays the healing, increases discomfort, and may encourage bleeding and infection.

#### Sutures / Stiches (if non resorbable):

- Sutures will be removed at 2 weeks *(If you normally require ABX Pre-Med please take for your suture removal appointment)*

#### Soft Food Suggestions

Jello	Bananas	Yogurt	Pasta	Milkshakes	Eggs
Fish	Cottage Cheese	Pudding	Applesauce	Oatmeal	Soups
Ensure	Casseroles	Macaroni & Cheese	Mashed Potatoes		