



Post-Operative Instructions Extractions with Bone Graft

After an extraction and bone graft, it is important for a blood clot to form to stop the bleeding and begin the healing process. We have placed a membrane and sutured it in over the grafting material so there will likely be minimal bleeding, but you may have some oozing. If needed, you may use a well moistened gauze if the bleeding persists. If bleeding continues, place a moist tea bag over the area and bite down onto the tea bag for 30 minutes as the tannins in the tea leaves promotes clotting. The membrane is very delicate, so it is very important to be careful with the surgical area.

After the blood clot forms, it is important to protect the surgical site, especially for the next several days.

DO NOT:

- Smoke or use chewing or spitting tobacco**
- Suck through a straw**
- Spit or rinse aggressively for seven days**
- Apply pressure with your tongue or fingers on the surgical site**
- Lift or pull on the lip to look at the sutures. This can damage the wound site and tear the membrane that holds the grafting in place.**
- Clean the teeth next to the surgical site for 24-48 hours**

Limit yourself to calm activities for the first 24 hours. This will help keep your blood pressure lower thus reducing bleeding and helping the healing process.

After the procedure, you may feel some discomfort and have some swelling. You can use an ice pack on the area (20 minutes on, 20 minutes off) to help minimize the swelling. To control any discomfort, follow our pain protocol sheet.

NOTIFY THE OFFICE IF:

- BLEEDING HAS NOT DECREASED AFTER 24 HOURS**
- PAIN INCREASES AFTER SEVERAL DAYS**
- IF THE ABOVE MEDICATIONS DOES NOT RELIEVE YOUR DISCOMFORT**
- NUMBNESS PERSISTS AFTER THE INITIAL 24 HOURS AFTER SURGERY**

We ask that you try and avoid eating on the surgical side until grafting has healed over. GENTLY, soak the surgical area with Dioxin Rinse, 2 times per day to aid in healing.

It is very important to resume your normal dental routine but avoid the surgical area. This should include brushing your teeth and tongue and flossing at least once a day. This will speed healing. Please contact our office if you have heavy bleeding, severe pain, continued swelling, after 2-3 days or a reaction to any medications that may have been prescribed.

Bone Grafting

Do expect to find small granules in your mouth for the first several days. Do not be alarmed by this. It is normal to have some of them come out of the graft site and into the mouth.

Following the surgery- let the blood clot stabilize. **DO NOT RINSE YOUR MOUTH.**

Absolutely NO WATER PIK'S!!

Please ensure you take all prescribed medications.

Notify the office if:

A suture falls out within the first three days.

The membrane covering the bone graft has loosened in the first three days.

If a large amount of granules are lost from the surgical site.

If your medications do not relieve your discomfort.

We will set up an appointment in 3 weeks to remove the sutures.

You can reach us at: Black Hills Area Dental 605-348-4657