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POST OP INSTRUCTIONS FOR EXTRACTION OR IMPLANT

Immediately following an extraction or implant placement, place a small amount of pressure on the surgical site by gently closing your mouth on a folded gauze square. Make sure the gauze is on the surgical site itself. You do not need to replace the gauze frequently – simply rinse it out with tap water, fold it and return it to extraction site. This pressure helps stop the bleeding.

A small amount of bleeding is noticeable for a day or two. It is important not to disturb the extraction site for several days by brushing around the site or rinsing vigorously.

Keep physical activities minimal so you do not increase your heart rate or blood pressure, which can cause bleeding. Carefully brush and floss all your teeth except for the ones next to the healing surgical site. After 48 hours, you can clean and floss the teeth as you do normally.

As the local anesthetic wears off, you may notice some pain and swelling. You can minimize this by taking over the counter pain medication, such as 3 or 4 ibuprofen, 200 mg every 4 to 6 hours. You can place an ice pack or bag of frozen peas over the cheek at the surgical site for the next 24 hours. (To make an ice pack: put ice cubes into a Ziploc bag, crush them with a spoon, then put into another Ziploc bag to prevent leakage, wet a wash cloth, wring it out until it is moist and wrap it around the ice bag.)

If you wish to lie down, keep your head elevated above the rest of your body to minimize the blood pressure in your head and avoid swelling. When ready for bed, place a plastic cover over your pillow, then a towel on the outside to avoid staining from drooling. Be sure to add enough pillows to keep your head up.

Take your medications as directed. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone.

If you feel the medications are causing serious side effects such as: nausea, vomiting, painful stomach aches, diarrhea, itching or a rash, call our office immediately at 707-996-4585. If we are not in the office, please call Dr. Daffurn at 707-996-5439 or 707-321-8392.

I have received and reviewed these post op instructions:

Signature

Date