



POST TREATMENT INSTRUCTIONS

We hope you're doing well. Here are some instructions for the procedures we performed today. Please call us at (724) 941-2200 if you have any questions.

Antibiotic : — If prescribed, start taking it the first day and use to completion. You can reduce stomach upset by taking it with food and/or plenty of liquid.

Steroid: — If prescribed, start taking it as directed immediately following treatment. This will help to reduce swelling & inflammation in the area. Less swelling = less pain!

Ibuprofen (Motrin/Advil) & Acetaminophen (Tylenol): — If you are cleared to take Ibuprofen and Acetaminophen it is best to take them on a rotating basis to manage pain/inflammation. If rotating, follow this protocol:

- Start by taking 600 mg of Motrin (3 pills of 200 mg)
- 3 hours later take 650 mg of Tylenol (2 pills of 325 mg)
- 3 hours later take 600 mg of Motrin
- 3 hours after taking the Motrin take 650 mg of Tylenol

Continue as needed for pain. IF YOUR PHYSICIAN RECOMMENDS AVOIDING EITHER OF THESE MEDICATIONS BASED ON YOUR MEDICAL HISTORY, PLEASE ADHERE TO THAT ADVICE. If you can only take one or the other, use as directed.

Pain pills: — In rare cases, we will prescribe pain pills, in which case, take one pain pill as soon as you can after treatment. After that, take only as needed. DO NOT DRIVE after taking any narcotic pain pill and do not take them with sleeping pills or alcohol.

Ice bag: — For more extensive procedures, use a cold pack (a plastic bag of frozen peas works well) on the face over the area where the procedure was done for 10 minutes at a time, twice an hour, for the first 6 hours. You can periodically use an ice bag the rest of the day of surgery and the next day. If you use the ice bag as directed, you will have less swelling than you would have otherwise. Less swelling = less pain.

Swelling & Bruising: — Some people will get some swelling. This typically happens about 48-72 hours after the surgery. Using the ice bag and sleeping inclined as directed above will help a great deal with keeping it to a minimum. Bruising is also to be expected if you are taking blood thinners.

Liquid in the brown bottle: — is chlorhexidine (Peridex®), a topical antiseptic. Though this is referred to as a rinse, we do not want you to "rinse" with it (or anything else for that matter). Measure with the cup provided and simply let it sit in your mouth for 30 seconds. It will seep into the surgical site. AVOID ALL VIGOROUS SWISHING as this can disturb healing. Do this for 1 month.

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Oral hygiene: — Avoid brushing, flossing and use of a water-pik around the surgical area for 6 weeks after the procedure. Peridex will keep the site clean!

Exercise: — Avoid strenuous exercise for the first 3 days. Strenuous physical activity may increase post-op pain or cause post-operative bleeding and swelling.

Touching the surgical site: — It is important that the surgical site remains untouched during the initial stages of healing. We recommend that you avoid stretching your mouth to look at the site and avoid playing with your tongue on the surgical sites.

Bleeding: — “Pink” saliva is normal for a few days. If you have significant bleeding, wipe the area clean of any “blood clots” first. Then apply gentle pressure to the extraction site for 30 straight minutes with a soaking wet tea bag (black tea works the best), or a soaking wet gauze pad. Be sure it is quite wet. If it is not, the clot will stick to it and start bleeding again when you pull it away. If it just won't stop, please call.

Food: — CHEW AWAY FROM THE SURGICAL SITE IF POSSIBLE! If your food requires a fork & knife to cut or it requires lots of chewing like a hoagie or a bagel, avoid it or chew on the other side. Avoid any foods that would be more likely to get stuck in the surgical site, such as corn, chips, popcorn, nuts, and seeds (fruit like strawberries have seeds). Do this for at least 6 weeks. For the first 2 days avoid really hot foods or drinks to limit swelling. Consider a nutritional food supplement (Carnation Instant Breakfast drink, Ensure, Slim-Fast, etc.). Ensure makes a product called Glucerna for diabetics. After 6 weeks, there should be no eating restrictions. Don't use straws for the 1st month as this could remove graft material or cause a dry socket (ouch!).

Smoking: — Don't! Smokers have a much higher incidence of dry-sockets and implant/bone graft failure (if we placed an implant or grafted). If you do smoke, keep it to 5 cigarettes or less per day and only smoke half the cigarette. No cigars or pipes. Do this for at least 6 weeks.

Aspirin: — Unless you have a special medical reason for taking aspirin (tell us at least a week ahead of time if this is the case), do not take aspirin products for 7 days prior to thru 7 days after the extraction procedure. Aspirin can cause bleeding.

***Stitches, “Barrier membrane” and Graft:** — *If we grafted and/or sutured, the stitches and barrier membrane over the extraction site are usually dissolvable and will resorb on their own. It is normal to feel some sandy type granules in your mouth following the procedure.

***Immediate Denture:** — *If we made you an immediate denture, sleep in it for the next two nights and then never sleep in it again! The denture should be cleaned with a toothbrush and soap/water twice per day.

Sincerely,
Your team at Omni Dental