

POST-OPERATIVE INSTRUCTIONS AFTER DENTAL EXTRACTIONS AND IMPLANTS

- 1. Discomfort and Prescriptions:** If permitted, Ibuprofen (regular strength): 3 tabs of 200 mg (total 600 mg per dose) every 6 hours for 3 days (continue after 3 days if needed) and supplement with Tylenol (extra strength): up to 2 tabs of 500 mg (total of 1000 mg per dose) – every 6 hours along with the Ibuprofen.

Please keep in mind the daily maximum dosages: **Ibuprofen=2400 mg per day;**
Tylenol=4000 mg per day.

If the pain continues to increase after 5 days, call us. If steroids or narcotics are prescribed, please follow instructions written on bottle.

- 2. Antibiotics:** Be sure to take the prescribed antibiotics as directed to help prevent infection.
- 3. Anesthetics:** The duration of the anesthesia depends on the type used. While your mouth is numb, be careful not to bite your tongue, cheek or lip. The numbness should only last approximately a few hours.
- 4. Healing:** Your dentist will place sterile cotton gauze on the extraction/surgical site to stop any bleeding. Keep firm pressure on the gauze for 30 minutes after the procedure. Do not rinse, spit, smoke or drink with a straw for 24 hours. Any of these activities may create suction in the mouth that could dislodge the blood clot and interfere with healing. Avoid pulling on your lip or cheek to observe the surgical site or putting your tongue on the stitches for the first two weeks.
- 5. Bleeding:**
 - Some bleeding or redness in the saliva is normal for 24 to 48 hours after the surgery. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. Avoid removing the pressure prematurely to verify if the bleeding as stopped during the first 30 minutes. Keep your head elevated. Remain calm. Avoid suctioning (straw or cigarette) or spitting. If the bleeding persists after the first 30 minutes of pressure, repeat these instructions and contact us.
 - A nosebleed may occur during the first 48 hours. Avoid blowing or nose and cough with your mouth open. Avoid a sinus rinse. In case of severe nasal congesting, contact us.
- 6. Swelling:** Some swelling and ecchymosis is a normal occurrence after surgery. It normally peaks at day 3 after the surgery. To minimize swelling, apply an ice bag on the cheek in the area of surgery. Apply the ice on the outside of the face for 20 minutes on and 20 minutes off and repeat as much as possible for the first 48 hours. After 48 hours, a hot cloth can be applied to help decrease the swelling. If the swelling continues to increase after 72 hours, contact us. If there is extensive swelling that makes swallowing or breathing difficult or swelling that seems to be spreading down your neck, please contact the dental office immediately.

- 7. Diet/Alcohol/Smoking:** Do not consume hot liquids/food for the first 48 hours.
- A soft diet (avoid hard and crispy food such as nuts, chips, firm bread, uncooked vegetables, etc.) is recommended for **14** days following the surgery ****Avoid eating on the treated side****
 - Alcohol thins the blood and may cause extra bleeding. It should be avoided for the first week after surgery. Avoid using a straw for two weeks.
 - Smoking may affect the healing process and should be avoided or reduced as much as possible during the first 2 weeks.
- 8. Surgical Site:**
- DO NOT touch the surgical site for the first **2 weeks**; you might dislodge the healing tissue and compromise the success of the graft.
 - DO NOT pull your lip away or out to view the surgical site.
 - DO NOT put your tongue on the stitches.
 - It is normal for the surgical area to undergo changes during the first couple of weeks. The tissue will appear white and filmy. (Scabs are white in the wet oral environment) then it will turn pink. This is normal healing of the graft.
 - It is normal that little white bony granules come out of the gingiva in the first few weeks. During the first weeks, a membrane may be observed at the surgical site. If you feel the membrane moving or becoming dislodged, contact us for a post-operative appointment.
- 9. Oral Hygiene:**
- You will not be able to brush or floss the surgical area until you return for your post-operative visit ****You will be advised by your periodontist when you are able to start brushing and flossing around the surgical site****. Brush the teeth away from the surgical site with usual toothpaste and floss regularly.
 - You will be given a rinse to use. Be sure to take the prescribed rinse as directed to help prevent infection. ****Do not rinse forcefully; soak the area**** Avoid any other mouthwashes.
 - Electronic Toothbrushes and Water Picks: DO NOT use for at least 6 weeks following surgery.
- 10. Sutures:** The non-resorbable sutures will have to be removed 1-month post-surgery. **Some may be resorbable (self-dissolving) and will go away on their own during the first 1-2 weeks after the intervention.**
- 11. Healing abutment:** To guide the healing of your gums, a metal healing abutment was screwed to your implant during the intervention. It is possible that this abutment may unscrew itself during healing. If you feel the abutment becoming loose, contact us. If your abutment falls off, keep it if possible. We will screw it back on. If the abutment falls off and is lost, we will replace it by a new one. During the first few days, it is possible to have swelling of the gingiva surrounding the abutment, which may lead to the abutment being partially or completely covered. As the swelling decreases, the abutment may become partially or completely visible. Avoid eating on the abutment to optimize the chances of implant integration.

12. Dry socket: The main complication happening after an extraction is a dry socket. This condition presents with intense pain at the extraction site. It usually occurs 4-7 days after the extraction. The pain caused by the dry socket is generally more intense than the one present during the first 1-3 days after the extraction. A dry socket is not an infection; therefore, it is not treated with antibiotics. The treatment consists of placing a pain medication in the opening left after the extraction. Contact us immediately if you may have a dry socket.

13. Miscellaneous: Pain in the ear, slight difficulty in opening and closing the jaw and some local skin discoloration in the neck are additional signs and symptoms which occur with varying frequency. The findings are normally usual.

14. Activity: For the first 48 hours, avoid physical activity that increase heartbeat (jogging, bike, swimming, yoga) and avoid heavy lifting.

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