



Cosmetic and Family Dentistry

Robert Beatty, DDS
972-335-2500

Tooth Extraction and Implant Post-Operative Instructions

Anesthetics

While your mouth is numb, you'll want to be careful not to bite your cheek, lip, or tongue. For this reason, it is important that you do not have any food that requires chewing while your mouth is numb. If you have liquid foods, do not drink through a straw. The sucking action may loosen the blood clot and prevent proper healing.

Bleeding

Dr. Beatty may place a gauze pack on the site. This gauze should be left in place for 15-20 minutes after you leave the office. Follow this procedure:

- Fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad with clean, warm water and place directly on the site.
- Apply moderate pressure by closing teeth firmly over the pad. Maintain pressure for about 30 minutes. If pad becomes soaked with blood, replace it with a clean one as necessary.
- * Do not suck on the site or disturb it with your tongue.
- * A slight amount of blood may leak from the site until a clot forms. However, if heavy bleeding continues, call the office. (A little bit of blood mixed with a lot of saliva can look like a lot of bleeding.)

Blood Clot - You should avoid activities that might disturb the clot.

- Do not smoke, rinse your mouth vigorously, or drink through a straw for 24 hours.
- Avoid alcoholic beverages or mouthwash containing alcohol for 24 hours.
- Do not clean the teeth next to the site for the rest of the day. You should brush and floss your other teeth. Gently rinse your mouth afterward.
- Limit strenuous activities for 24 hours after procedure.
- Sometimes the blood clot does not form in the first day or two. The result is called osteitis or dry socket. If after 3-5 days you have worsening pain, call the office.

Swelling and Pain

You may have some discomfort and swelling. You can help reduce swelling and pain by applying cold compresses to your face as directed by Dr. Beatty. If you have prolonged or severe pain, swelling, bleeding, fever, nausea or vomiting, call the office immediately. If you cannot reach the office, go to a hospital emergency room.

Diet

After procedure, drink lots of liquids and eat soft, nutritious foods. Avoid hot liquids and alcoholic beverages. **DO NOT** use a straw. Begin eating solid food the next day or as soon as you can chew comfortably. For the first few days, try to chew on the opposite side of the site.

Cleaning the Site

The day after, gently rinse your mouth with warm salt water (half teaspoon salt in an 8oz. glass of warm water.) after meals. But, remember not to rinse vigorously, this may dislodge the blood clot.

