Infinity Dental
8940 W. Tropicana Ave
Las Vegas, NV. 89147
702-248-4448

Post-Operative Care for Extractions:

Bleeding: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure. It is important for the blood to clot following an extraction. This is why we will have you bite down on gauze for 30 minutes after the extraction. If the gauze is soaked you may switch it out with new gauze. This may need to be done several times. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.

Smoking: Smoking should be stopped following surgery for a minimum of 48 hours. Aside from the chemicals the sucking motion made when smoking can cause the blood to un-clot and often leads to painful dry-sockets. Healing and success of the surgery will be substantially reduced by the cigarette chemicals in your body.

Dry Socket: If a dry socket occurs (loss of blood clot from socket) there is constant pain that may radiate to other areas including ear, jaw and teeth. Symptoms of a dry socket do not occur until the 3rd to 4th day post-operative. If you do not have improvement during the first few days following the procedure, call the office. A medicated dressing may be placed if medications do not resolve the discomfort. To help prevent a dry socket avoid vigorous rinsing, sucking on the wound, spitting, using a straw, smoking and exercising for 2-3 days minimum after procedure.

Pain: Some discomfort is normal after surgery. To minimize pain we suggest you take 600-800mg of IBU Profen or over-the-counter Advil every 6 hours for the first 3-5 days following your surgery. This will help with swelling which will reduce pain. If you were given a narcotic pain medication you can take this in conjunction with the IBU Profen, but only take this as needed. If prescription pain medication is prescribed, take it as instructed on the label. Do not exceed the dose on the label. Taking with a light meal will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.

Nausea: This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water. If your nausea is excessive or is not relieved by a light meal/water please contact our office.

Swelling/Bruising: Some swelling and bruising may occur around the surgical site. This is normal. Applying an ice bag to the face over the operated area will minimize swelling. Holding a firm constant pressure while applying ice will help reduce/eliminate swelling. We recommend using a flexible ice-wrap. These can often be secured tightly to help maintain slight pressure. Apply for 30 minutes, then remove for 30 minutes. Continue this for the first 2-5 days. KEEP YOUR HEAD ELEVATED! For the next 2-3 days it is beneficial to sleep with your head elevated (propped-up with pillows or in a recliner) as the blood will pool at the surgical site and this will cause significant swelling.

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Numbness: The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes the extraction procedure causes residual numbness or tingling for six weeks or longer. You may experience tenderness and/or bruising around the injection sites, this is normal and can be reduced /prevented by using ice and applying pressure.

Brushing: Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth- gently around the surgical site. It is critical that you brush and maintain cleanliness at the site using a soft tooth-brush to prevent bacteria and food debris from collecting.

Rinsing: Avoid all rinsing or swishing for 24 hours after your procedure. The following morning you may begin rinsing with warm salt water 3-5 times daily. RINSE GENTLY! You want to avoid any hard rinsing, spitting, or sucking motions. It is a good idea to rinse with saltwater following every meal. This will help to prevent bacteria and food particles from sticking. Avoid commercial mouth rinses. We often will prescribe an antimicrobial mouth rinse (chlorhedaxine). If instructed to use the mouth-rinse: Rinse twice a day for 1 minute. Rinse gently, rolling the solution throughout your mouth, once in the morning and once at night (when using at night do not rinse or drink anything else before bed, you want this to be the last thing that hits your mouth). PLEASE NOTE: If you have had bone or soft-tissue grafting your instructions may differ. Please reference the specific instructions!

Diet: Eat soft foods for the first 2-3 days or until you are comfortably with a regular diet. Maintain a good, balanced diet. Drink plenty of water. Avoid alcohol for a minimum of 48 hours. Avoid chewing on or near the implant site whenever possible. Avoid drinking through a straw for the first 48 hours. Increase diet as tolerated.

Activity: After leaving the office, REST! Avoid strenuous activities for the remainder 1 week at minimum. (You may be advised to wait longer, be sure to ask your doctor.) Keeping blood pressure lower will reduce bleeding and aid healing.

Antibiotics: If you were given an antibiotic prescription, take all of them as directed until they are gone. It is critical to take all medications as prescribed, and to complete your course of antibiotics. Failure to do so can lead to serious complications. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

Sinus: If your sinus was involved in the procedure, you should avoid blowing your nose and if at all possible sneezing. Blowing/sneezing can rupture the forming graft. The use of decongestant medications might be recommended. If you were prescribed a decongestant or allergy medication take it as prescribed.

Removable Appliances/ Dentures: Your dentist will give you specific instructions about your prosthesis. If a removable prosthetic appliance was placed do not remove it until you are seen for your post-op visit with the doctor unless otherwise instructed. In certain cases you may need to go without your dentures for a period (days or weeks). Sometimes a temporary removable appliance is made for cosmetic

purposes, until a new non-removable one can be made. Temporary appliances are often for cosmetic purposes only and are not to be used to bite or chew.

Sutures: If sutures have been placed you should take care when eating, try to avoid chewing on or near the sutures if possible. The sutures placed are often made from a resorbable material and will not need to be removed. If your sutures do require the doctor to remove them it will often be done 1-2 weeks following the procedure. After the soft tissue has healed and the swelling subsides the sutures may feel and appear long/loose. This is normal. Please do not try to move/cut/remove the sutures on your own.

Follow-Up Appointments: We will schedule you for either a 24 hour or 1 week post-op visit. Depending on healing you may need to return for post-op visits weekly and once approved we will need to see you once a month until healing is complete.

Please call your dentist if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

You can contact our office after-hours for emergencies at 702-327-8795

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.