

AFTER EXTRACTION WITH SOCKET BONE GRAFTING

The following information applies when grafting material has been placed into extraction sites to help preserve your jawbone in preparation for possible implant replacement of the extracted tooth.

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the amount of particles that become dislodged:

Immediately Following Surgery

It is common for the top 10% of the bone graft material to come out.

Please do not be alarmed if you find small bone particles in your mouth for up to 2 weeks after surgery.

- Do not disturb or touch the wound.
- If a gauze pad has been placed over the surgical area, it should be kept in place for 30-45 minutes. After this time, the gauze pad should be removed and discarded. If the bleeding or oozing still persists, insert another gauze pad (make sure it is lightly wet with water, a dry gauze could remove the sutures) and bite firmly for another 30 minutes. You may have to do this several times.
- Unless otherwise instructed, take your first dose of ibuprofen (Motrin or Advil) 400 mg (2 tablets) before the local anesthesia wears off to decrease the initial pain. If you feel it is necessary, you may take the prescribed pain medication.
- If it is necessary to take a prescription medication for pain, you may take it in conjunction with the ibuprofen or staggered with the ibuprofen.
- Avoid rinsing or spitting for 2 days to allow blood clot and graft material stabilization.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Do not lift or pull on the lip to look at the sutures. This can cause damage to the wound site and tear the sutures.
- Do not smoke
- Restrict your activities the day of surgery and resume normal activity when you feel comfortable.
- Place ice packs to the sides of your face where surgery was performed. Refer to the section on Swelling for an explanation.

Pain

For moderate pain, take Ibuprofen (Motrin or Advil) 800mg, wait 4 hours, take Acetaminophen (Tylenol) 1000mg, wait 4 hours and then repeat. By taking this pain medication regularly and keeping the blood levels constant, the medication can work better.

If you cannot take Ibuprofen, you can take two regular strength (325mg) acetaminophen (Tylenol), or one extra strength (500mg) every three to four hours, keeping in mind that no more than 4000 mgs may be taken in 48 hours. Prescription medication may have some of these medications in it as well and should be taken into account.

Pain or discomfort following surgery should subside more every day. If pain persists, it may require attention and you should call the office.

Bleeding

A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. Excessive bleeding may be controlled by first rinsing or wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for 30 minutes. Repeat if necessary. If bleeding continues, bite on a moistened tea bag (regular tea, not herbal) for 30 minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. To minimize further bleeding, do not become excited, sit upright, and avoid exercise. If bleeding does not subside, call for further instructions.

Swelling

The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. This is the body's normal reaction to surgery and eventual repair. The swelling will not become apparent until the day following surgery and will not reach its maximum until two to three days post-operatively. However, the swelling may be minimized by the immediate use of ice packs. In some cases, you will be provided with ice packs. Plastic bags filled with ice, ice packs, or frozen peas should be applied to the sides of the face where surgery was performed. The ice packs should be left on continuously while you are awake. After 36 hours, ice has no beneficial effect. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery. Thirty-six hours following surgery, the application of moist heat to the sides of the face is beneficial in reducing the size of the swelling.

Diet

Do not use straws when drinking from a glass. The sucking motion can cause more bleeding by dislodging the blood clot. You may eat anything soft by chewing away from the surgical site(s). High calorie, high protein intake is very important. Try to maintain a normal diet. You should prevent dehydration by taking fluids regularly. Your food intake will be limited for the first few days. You should compensate for this by increasing your fluid intake. At least five to six glasses of liquid should be taken daily. Try not to miss a single meal. You will feel better, have more strength, less discomfort, and heal faster if you continue to eat.

Oral Hygiene

No rinsing of any kind should be performed until the second day following surgery. Following the second day, gentle rinsing is allowed but not too vigorously as you can again disturb some of the bone graft granules. You can brush your teeth the night of surgery but avoid the surgical area.

REMEMBER: A clean wound heals better and faster.

Activity

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get lightheaded, stop exercising.

Discoloration

In some cases, discoloration of the skin follows swelling. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal postoperative occurrence, which may occur for two to three days post-operatively. Moist heat applied to the area may speed up the removal of the discoloration.

Antibiotics

Antibiotics are not always given, but if you have been placed on antibiotics, take the tablets or liquid as directed. Antibiotics will be given to help prevent infection. Discontinue antibiotic use in the event of a rash or other unfavorable reaction. Call the office if you have any questions.

Wearing Your Prosthesis

Wearing partial dentures, flippers, or full dentures after surgery will vary by patient. Please be sure to clarify with the doctor when you can wear your prosthesis.

Finally

Sutures are placed in the area of surgery to minimize post-operative bleeding and to help healing. Sometimes they become dislodged. This is no cause for alarm. Just remove the suture from your mouth and discard it. If the sutures are not the dissolvable type, they will be removed approximately one week after surgery. The removal of sutures requires no anesthesia or needles. It takes only a minute or so, and there is no discomfort associated with this procedure. So, it's really nothing to worry about.

Your case is individual. No two mouths are alike. Do not accept well-intended advice from friends. Discuss your problem or concerns with Dr. Chuck or Dr. Brian.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office. Please try to call during office hours, however the doctor's cell phones are listed on our message if it is after hours.