

San Francisco Center for Osseointegration

Oral & Maxillofacial Surgery & Implant Dentistry

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POST-OPERATIVE CARE AFTER TOOTH EXTRACTIONS

DO NOT:

- **DO NOT** Rinse, spit, or brush teeth vigorously for 72 hours after surgery.
- **DO NOT** Drink through a straw for 72 hours after surgery.
- **DO NOT** Smoke for 72 hours after surgery.
- **DO NOT** Drink alcohol for 48 hours after surgery or if taking narcotic pain medications.
- **DO NOT** eat or drink hot, spicy, or acidic foods for 3-4 days after surgery.
- **DO NOT** Exercise vigorously for 5-7 days after surgery.

Bleeding:

- A small amount of bleeding is normal for the first 24 hours.
- It is normal to have blood-tinged saliva and some pink or red on your pillow where you sleep.
- Bite on folded gauze with continuous pressure for 30 minutes to stop bleeding.
- If excessive bleeding continues, bite firmly on a black tea bag (e.g., Lipton's) in addition to the gauze for 30 minutes.

Rinsing/Brushing:

- Beginning the night of or the next morning, use either the prescribed mouth rinse or warm salt water if no mouth rinse was prescribed. Rinse gently 2 times per day for 7 days and then stop.
- You should brush your teeth gently while avoiding the surgical area until tenderness subsides.

Pain/Swelling:

- Place ice packs over the surgical area for the first 24 hours to reduce pain and swelling.
- It is normal for the swelling to be worse on the 2nd or 3rd day following surgery. This swelling will slowly resolve.
- Rest with your head elevated by 2-3 pillows for about 1 week following surgery to reduce swelling.
- Take pain medications as directed. Staggering Ibuprofen (Motrin/Advil) and Acetaminophen (Tylenol) three hours apart from each other is helpful.
- Set alarms during the night to stay on schedule with your pain medications.
- Do not take any medications you are allergic to or that your doctor has instructed you not to take.

Diet:

- You may start chewing as soon as the feeling in your tongue returns. Chew carefully.
- It is best to start with liquids and soft foods and advance your diet to other foods as tolerated.
- Rinse with water gently after each time you eat.

Activity:

- Reduce physical activity on the day of surgery.
- Avoid heavy exercise (e.g., running, aerobics, sports, and heavy weightlifting) for about 1 week.

Please feel free to contact our office at **415-956-6610** or send an email to **info@sfimplants.com** if you have any additional questions or concerns.