

Post-Operative Instructions – Tooth Extraction + Bone Graft

🌟 What to Expect:

- Some bleeding for the first 24 hours (biting on gauze helps. Extra gauze is given. Switch out every 30 minutes until bleeding stops).
 - If bleeding persists, biting on damp tea bag will help the area clot
- Mild discomfort or pressure at the graft site
- Slight swelling or bruising
- The grafting site is overpacked with grafting material. You may feel little pieces of graft material on tongue (may feel like sand)
- Stitches may dissolve/ unravel after 1 week

📞 Call If You Notice:

- Intense pain beyond 3 days
- Pus or bad odor from extraction site
- Swelling that worsens instead of improving

❌ What to Avoid:

- Do not touch or disturb the graft site with your tongue or fingers
- No straws, spitting, or smoking for 3-4 days—these can dislodge the graft
- Avoid brushing directly over the graft area for one week

✅ What to Do:

- Use ice packs for swelling
- Rinse gently with prescribed mouthwash or salt water starting Day 3
- Take all medications as directed
- Stick to soft foods only—nothing crunchy near the graft site
- Non-narcotic pain regimen will be given consisting of Tylenol + Ibuprofen (advil/motrin). These two medications taken together will be as effective as a narcotic without the negative side effects of narcotics

😎 Gibney Pro Tips:

- Avoid hard, crusty foods for 2 weeks—pretzels are the enemy
- Salty warm water rinses = your new best friend
- Lots of rest helps bone heal strong.