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## **Post Op Instructions for tooth extraction and bone graft - Bob Ross**

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### **FOR ONE WEEK MINIMUM:**

**Avoid** drinking through straws, especially thick beverages such as smoothies or milk shakes, water or coffee may be okay, just take it easy and don't apply a lot of negative pressure to help avoid dry sockets.

**Avoid** extremely hot food or drinks. This can soften the area too much and cause disruptions in healing.

**Avoid** tomatoes or tomato sauce. These are acidic and may burn your healing tissue.

**Avoid** orange juice or other acidic juices. The acidity may burn your healing tissue.

**Avoid** spicy foods. These can burn healing tissue.

**Avoid** regular and tortilla chips. Sharp or potentially sharp foods may poke at the site.

**Avoid** all nuts.

**Avoid** anything seedy. Seeds may get lodged in extraction sites and cause pain or discomfort. For example, Cracked pepper, Popcorn, Sesame, Chia, Sunflower, rice, berry seeds and Poppy seeds.

**Avoid** brushing, picking, or scraping at the fresh area. Since stitches and wound dressings were placed, be extra careful not to open the wound more or dislodge materials or the blood clot. You may brush the adjacent teeth in the area, use a soft tooth brush head and only place the tooth brush around the teeth and not near the surgical area as best you can for the first week or so.

**Avoid** smoking in any form. Smoking including vaping will cause deminished blood flow to the area and present with a high risk for pain and dry socket.

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## **After About Two Weeks**

After about two weeks, you may lightly rinse or swish (rocking head back and forth) with warm salt water, or a mouth rinse. We do not recommend listerine or burning mouth rinse aids. Using a rinse aid such as closys (found over the counter near pharmacies), elementa nano silver (found on amazon) or Chlorhexidine (prescription not usually necessary) may be other options for you to consider if you wish. After about the one week mark, consider rinsing the area if food gets trapped there very gentle.

Stitches placed are usually dissolvable after 2-4 weeks and may be removed at subsequent post operative visits.

You may notice parts of the wound dressings or graft materials partially dissolve or become dislodged as the wound heals over and this is normal and does not typically pose as risks for abnormal healing.

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## **Pain Management**

Pain is something we control as best we can after a surgical procedure such as tooth extraction/grafting procedures. Pain can ensue from multiple things. There may be pain from getting a dental injection for anesthesia, this is from needle trauma and fluid injection in the jaw areas. Pain also comes from pressure and length of staying open during the dental procedure. Pain also comes from having a tooth removed. The primary source of pain is inflammation. Inflammation is localized swelling, fluid accumulation and can have a warm or hot sensation. Best practices is to do everything anti inflammatory. Non-pharmaceutical things may include turmeric supplementation, anti-oxidants such as pomegranate juice, blue berries, pro-biotic beverages and other natural remedies.

It is also normal to experience inflammation with swelling post operatively for up to two weeks. This typically peaks around days 3-5 following the procedure. Swelling can also migrate to and away from the surgical area as your body clears up accumulated fluid. If swelling/edema seems severe, reach out to our office if you would like us to evaluate. Things anti-inflammatory in nature will help reduce the swelling and promote more comfortable healing. It is important to note that swelling should not encroach on your ability to speak, breath or swallow, if this occurs, seek emergency attention to reduce swelling rapidly.

Pharmaceuticals - First line is over the counter anti-inflammatories such as ibuprofen or naproxen.

Pain relievers include Tylenol (acetaminophen), and opioid pain relievers such as Hydrocodone, Oxycodone, Tramadol etc.

Instructions for pain medications. Always take an anti-inflammatory with a pain medicine for best relief.

Take 800 mg ibuprofen OR 500 mg naproxen WITH 1000 mg Tylenol.

If prescribed an opioid such as Vicodin (hydrocodone + Tylenol) take 800 mg ibuprofen WITH 2 tablets of Vicodin.

\*\*\*IT IS IMPORTANT TO KNOW THAT VICODIN HAS TYLENOL IN IT, DO NOT TAKE ADDITIONAL TYLENOL WHILE ALSO TAKING VICODIN\*\*\*

If you were prescribed another opioid (plain) pain medication such as oxycodone or tramadol, you may take Tylenol as well.

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## **If You Were Prescribed an Antibiotic**

An antibiotic is a medication used to decrease the size and intensity of a dental infection and prevent post op infection and rejection of grating. It works by helping to destroy bacterial causing the problem. Antibiotics are not site specific, this means they also destroy some of our good bacteria, especially in the gut. Side effects of antibiotics including nausea, diarrhea, stomach upset, and sometimes a secondary fungal infection among other side effects. It is best practice to always take a strong capsule pro-biotic supplement of 60 billion CFU 1 hour before OR 1 hour after taking each antibiotic dose. This will help to alleviate symptoms of stomach upset. You can find these at whole foods stores

or even on amazon. A affordable brand I have found is "Clinicians choice" on Amazon that may help. Please use one you feel works best for you.

If you want to consider adding a strong pro-biotic supplement to your at home regimen, consider subscription services that provide healthy and various bacteria strains such as "SEED", "Just Thrive" or "Pendulum".

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## **Dr. Martens Lists of fun facts for promoting healing**

There are many things other may not realize you can consume to help your body prepare for and heal from a surgery.

Pineapple (also can be the juice only) - Has a compound called Bromelain in it. Bromelain helps with bone healing and is great to consume pre and post surgery to help for tooth extractions and implant healing.

Vitamin D3 - A great supplement along side Calcium to help with bone healing from extractions especially in implant healing. Take 5000 IU daily before and during the healing process.

Vitamin C, B12. and glutathione - Helps to decrease inflammation, and are strong anti-oxidants.

Bone Broth - One of the best foods is bone broth for tissue healing. It contains lots of minerals and compounds such as collagen and things needed to help with bone and soft tissue healing. Don't consume super hot to avoid burning wound areas. This can be found at a variety of stores and ready to eat.

Red light therapy - Not something Dr. Martens does personally but studies show this will lower inflammation in the affected area if applied close to the wounded site. Most people do not have a red light therapy, do with this what you will.

Sit slightly up and do not lay down flat as this causes more blood to rush to the area and can increase pain and swelling. Sleep with your head slightly elevated and it is normal to have the site ooze blood onto your pillow case at night.

If you have been or need to take an antibiotic please follow the section on taking a probiotic during antibiotic treatment.

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## **Soft Foods List for Ideas:**

**If you can eat it with a plastic fork and the fork does not break, then you may eat that food more comfortably. The area may feel tender, the jaw may not open as much or function in the same capacity, this is because of injections given during the procedure, pressure applied during the procedure, and having a healing site causing inflammation. Please follow this list until you feel symptom free from your procedure and/or the area feels more closed. If you have any questions do not hesitate to call the office.**

Applesauce	Fruit - soft or mashed
Avocado	Gravy, waffles, yogurt
Baby Food	Ground Beef, Chicken, Pork or Turkey
Baked Beans- mashed if necessary	Guacamole
Black Beans- mashed if necessary	Hummus
Baked Apples	Ice Cream/Sherbert
Bananas	Jell-O
Beef- cooked in a crockpot and shredded	Macaroni & Cheese
Biscuits- flaky, soft or soaked to become soft.	Mashed Potatoes
Broccoli- steamed until it is soft in texture. Broth	Meatloaf/Meatballs - soft, not overcooked
Butternut Squash- cooked until a soft consistency	Melons- very ripe and soft
Carrots/Zucchini - Steamed until soft	Milk Shakes (No Straws!)
Cauliflower- Steamed until soft	Muffins (No Nuts)
Cheese- shredded or melted	Oatmeal
Cheesecake	Pancakes
Chicken- cooked in a crockpot and shredded	Pies (No Nuts)
	Pot Roast - cooked in the crockpot until falling apart

Clam Chowder

Coffee ( No Straws!)

Cold Cereal - soaked in milk until soft

Cottage Cheese

Cake/Cupcakes

Canned Peas

Crab Cakes

Cranberry Sauce

Custard

Eggs- poached, scrambled or fried

Egg Noodles

Fettuccine Alfredo

Fish

Frozen Yogurt

Fruit Juice( No Straws!)

Fruit Smoothies (No Straws!)

Protein drinks/shakes( No Straws!)

Pudding

Ramen Noodles

Refried Beans

Ricotta Cheese

Rice

Salmon

Sandwich Deli Meat- sliced thin

Scalloped Potatoes

Soft Bread- soaked in soup to make soft,  
if necessary.

Soups

Sour cream

Sweet Potatoes- mashed or baked until  
soft

Tea (No Straws!)

Tofu

Tuna