



Instructions Post Dental Extraction of Single Tooth (with Bone Graft Placed)

1. ****Immediately Following Surgery.**** Bite on gauze for 30 minutes.
2. Do not touch the surgical area with your tongue or fingers. Refrain from poking, touching or brushing directly over the grafted area, as bone material can be easily displaced during the early healing stages.
3. **Bleeding.** It is normal for saliva to be streaked with blood for a day. If frank bleeding is present, fold sterile gauze into a firm wad and place it directly on the bleeding area. Maintain firm pressure for 20 minutes. The gauze may be substituted by a warm, soaked tea bag. The tannic acid in tea has clotting effect. Repeat as necessary. If bleeding persists or seems profuse, contact the office or the after hours emergency line for further instructions.
4. **Pain.** It is normal to experience some pain and tenderness after an extraction. Normally, pain begins on the evening of the surgery and lasts for 2- to 3-days, becoming less noticeable with each passing day after that. A sore throat is also common due to suctioning of debris and secretions during the procedure. Some surgical site discomfort may persist for up to a week. Over-the-counter pain medication usually is sufficient. Speak with your pharmacist to ensure you are taking the correct dosage and frequency of over-the-counter pain medication. If the pain persists, despite following those instructions, contact the office. Typically, we recommend you avoid using aspirin or products containing ASA for the first three days after an extraction.
5. **Swelling and Discolouration.** Some swelling/discolouration is to be expected in certain areas, usually reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. For the first 48 hours after surgery, as needed, use a soft ice pack, pad or frozen peas, alternating for 20 minutes on, 20 minutes off. After 48 hours post surgery, as needed, use a warm compress 20 minutes on, 20 minutes off to stimulate blood flow to the area. If you experience delayed swelling 10 or more days after the surgery, please contact the office as this could be indicative of a low-grade infection and may require antibiotics.
6. **Oral Care.** Do not brush or floss directly where stitches have been placed. The day after surgery you may resume brushing and flossing but be gentle around the extraction sites. Do not use a waterflosser (e.g. Waterpik) in the extraction area for 12 weeks after extraction and bone graft placement.
7. **Mouth rinsing and spitting.** Do not use mouthwash or salt water rinses for 2 weeks after extraction and bone graft are placed.
8. **Physical Activity.** On the day of surgery, you should go home directly and rest. Exercise or physical activity will only encourage bleeding. Refrain from any heavy lifting or strenuous activity (including exercise) for the first 7-days after surgery.
9. **Difficulty Opening Mouth Post Surgery (Trismus).** While not common, this can happen due to post-operative swelling and inflammation in the muscles around the surgical sites. It is a temporary condition and will resolve within a few weeks. Gentle massages of the jaw

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HOURS

Monday: 8am - 5pm
 Tuesday: 8am - 7pm
 Wednesday: 8am - 5pm
 Thursday: 8am - 5pm
 Friday: 8am - 1pm



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act like stretching and can help relieve some of the tension. If trismus persists or causes severe pain during opening of the jaw, call the office.

10. **Diet.** Avoid hot (high temperature) foods and liquids. Avoid anything spicy. Avoid crunchy and sticky foods. Consume a soft, nutrient-dense diet for about 2 weeks after the surgery.
11. **Straws.** Avoid using a straw for at least 48-hours after your surgery. This reduces the likelihood of a blood clot becoming dislodged in the early healing period.
12. **Bad taste or odor.** This can happen due to some of the bacteria present in the mouth. Sometimes the sutures (stitches) can cause a bad odor or smell.
13. **Sutures (stiches).** Sutures have been placed. They will need to be removed 2 weeks after the procedure. An appointment will be set up for you. Sometimes sutures fall out on their own. If this happens before the 2 week follow up appointment, please still come to the follow up appointment to ensure the area is healing well.
14. **Sharp bone edges.** When a tooth is removed, the thin socket bone often projects through the gingiva and may feel sharp to the touch. Most of these bony projections will smooth out as the bone remodels over 4- to 6-weeks. This is not cause for concern unless the stitches completely release. However, if it feels uncomfortably sharp or irritating, do not hesitate to call the office for advice.
15. **Fine bone granules in your mouth.** For the first week after the bone graft material has been placed, there may also be small pieces/white flecks that come out of the socket. This is not cause for concern. Gently wipe them off your tongue rather than forcefully spitting them out. If you are concerned there are too many small pieces, do not hesitate to call the office for advice.
16. **Alcohol and recreational drugs (including cannabis).** To prevent healing complications, all forms of alcohol, cannabis, zin patches, vaping, and recreational drugs should be avoided for 2 weeks following your procedure once the doctor has confirmed healing.
17. **Smoking:** To decrease the chances for healing complications, do not smoke tobacco (cigarettes or cigars), cannabis, and do not vape for 7-days following surgery.
18. **Do not hesitate to contact the office if in doubt.** If you have any questions or concerns, please contact the office at (519) 245-0751. If you are experiencing a concern outside of regular office hours, please call or text our after-hours emergency line at (519) 381-2622.

HOURS