

Post Surgical Instructions

Remember: *You have just had minor surgery completed! It is important to get good rest and take care of yourself. It may take a few days after an extraction for the wound to heal and you can function normally. In the meantime, you should follow a few simple rules to help promote healing, prevent complications, and make yourself more comfortable.*

BLEEDING: You will bleed. Some blood may be noticed in your saliva for a few hours, this is normal. If excessive bleeding continues or begins (deep red blood that does not seem to stop), take several mouthfuls of ice cold water and hold in the area. **DO NOT FLUSH VIGOROUSLY.** Moisten a tea bag and place on the area and bite down on it. If it does not stop, call Dr. Fletcher

GAUZE: Bight firmly on the gauze for the first hour, applying pressure to your surgery site. If it is still bleeding, Fold a piece of clean moist gauze into a pad thick enough to bite on, place on the extraction site and bight firmly. We have supplied extra gauze for you in your take home kit.

SWELLING: To reduce swelling, immediately after surgery use ice packs at a rate of 20 minutes on and 10 minutes off for the first three hours or until bedtime. **AFTER THE FIRST DAY,** alternate between moist heat and cold to reduce swelling. Swelling may occur up to several days later.

MEDICATIONS: Take all medications as directed. If Dr. Fletcher has prescribed pain medication, you may take it regularly for the first three days and then as needed.

DIET: Avoid chewing on the extraction site, but you may eat what you want as soon as it feels comfortable. Initially, you may want to eat soft foods and cool liquids. Do not use straws.

FEVER: You may expect a slight fever or chills for the first 24 hours. If a fever begins or persists after 24 hours, it may be the sign of an infection, please contact Dr. Fletcher.

HYGIENE: A blood clot will form in the extraction site. We want that to remain in place to allow your extraction to heal. Gentle warm salt water rinses for the first 12 hours (1tsp salt in a cup of warm water). Rinse gently and spit. You may begin brushing the next day to keep your mouth clean.

ACTIVITY: Limit strenuous activity, **NO STRAWS AND NO SMOKING FOR 24 HOURS.**

STITCHES: If used, stitches will be removed 2 weeks after surgery. It is okay if they fall out on their own.

BONE GRAFTING: Bone grafting material in our office looks like small white crystals that is placed under the gums and covered with a clotting plug and stitched into place. It is important that this is left alone. **DO NOT BRUSH THE GRAFT AREA OR CLEAN WITH A WATER PIK.**

PERIO PACK: A silicone putty-like material may have been placed in the area. Its purpose is to “protect” the graft material and minimize bleeding and pain. If small pieces of the dressing break off, do not be concerned. There is no problem if it falls off before your next appointment, but we will remove this packing for you at the one week appointment.

REMOVABLE DENTAL APPLIANCES: If you normally wear a removable appliance which replaces missing teeth, and it rests on the operated area, it is best to minimize use of this appliance as any pressure on the surgical site could be detrimental to healing and cause discomfort.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE OFFICE DURING OFFICE HOURS OR DR. FLETCHER AFTER HOURS ON HIS MOBILE PHONE.

OFFICE NUMBER: **209-524-7347**
AFTER HOUR EMERGENCY NUMBER: **209-613-9400**