



## Home Care Instructions: Extraction & Bone Graft

### Graft Material

The graft material is either donated bone or synthetic bone and is usually over-packed with excess material. Therefore, gritty graft particles fall away from the socket and can feel like sand when you bite, this is normal.

### Swelling Management

A substantial amount of swelling and discomfort is completely normal after an extraction especially when a bone graft is completed at the same time.

- Before anesthesia wears off, take 800 mg Motrin (Ibuprofen).
- For the first 3 days, take 800 mg Motrin every 4 hours after the extraction. After this, it is ok to taper your dose to every 6-8 hours as needed for discomfort.
- Apply pressure with gauze for 1-2 hours, or until bleeding stops. Change gauze out every 5-10 minutes, or as needed.
- BLEEDING – it is normal for the saliva to be slightly streaked with blood for about 1-2 days. If abnormal bleeding occurs, place a piece of moist gauze or a moist tea bag over extraction and bite down for 30-45 minutes.
- Place cold towels or an ice bag to your face for the first 6-8 hours. Leave on for 15 minutes, then off for 15 minutes.
- DIET – a liquid or soft diet is recommended during the first 24 hours. Drink lots of fluids. Avoid hard foods, such as popcorn or peanuts for 3 days.

### **DO NOT Swish or use Mouth Rinse the day of the procedure!**

#### **One Day After Surgery: Begin Rinsing**

- Make salt water rinse: add 1 teaspoon of salt to 4-5 oz of warm water.
- Rinse with warm salt water at least 3x/day for 3 days: morning, after meals, and before bed (rinsing more times is even better).
- Rinse with Chlorohexidine Rx mouth rinse 3x/day (in between salt water rinses) beginning the day after the extraction for 5 days.
- Swelling for up to 10 days is to be expected.

### Brushing Teeth

The next day after surgery, begin brushing your teeth. It is important to brush all of your teeth, even if the teeth and gums are sensitive. Bacterial plaque and food accumulation near the extraction site will delay healing. **DO NOT brush directly on the graft site or on the sutures.**

**DO NOT SMOKE!** Smoking will increase your bleeding, impair healing, or cause a graft failure. Smoking is contraindicated in patients receiving bone grafts.

### Typical Recovery

With most oral surgery procedures, post-operative discomfort can actually worsen between the 3<sup>rd</sup>-6<sup>th</sup> days. This discomfort is considered normal and should be managed with your pain medication. If you have significant discomfort, even with pain medication, or you cannot tolerate the pain medication, please call Marion Smile Center at 724.452.4300.

### WARNING SIGNS

If any of the following should occur, contact us:

- Bleeding that cannot be controlled by firmly biting on a gauze for 60 minutes.
- Pain which is not controlled by the prescribed dose of medication. DO NOT take higher doses.
- Persistent nausea or vomiting.
- Swelling that interferes with swallowing.
- A very foul-tasting discharge that is unrelieved by normal oral hygiene.
- Fever greater than 101 degrees Fahrenheit.

Listen to your body! If it hurts when you do a certain activity, our best advice is not to do it for the time being.

***This guide, along with others, can be found at [mmSmileCenter.com](http://mmSmileCenter.com) under the "Patient Resources" tab.***