**Preoperative instructions - tooth extraction/implants**

1.Any medical conditions should be discussed prior to surgery date.

2.Please advise us if you are taking aspirin and/or fish oils daily.

3.Take all medically prescribed daily medications as usual.

4.Take all medications prescribed by our office as directed.

5.Do not wear cosmetics around the mouth, as they may be inadvertently transferred into the surgical area during the procedure.

7.Do not drink alcoholic beverages for 3 days prior to surgery.

8.Do eat a light meal before arriving at our clinic for surgery unless otherwise directed.

9.Do bring your own music (I-pod and headphones) or we can provide musical selections for you to listen to during your procedure.

**Postoperative instructions**

**Bleeding**

Bleeding after surgery may continue for several hours. The best way to stop bleeding is to fold 2 pieces of **damp** gauze over the extraction site and gently bite for 30-60 minutes making sure pressure is being applied to the extraction site. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.

**Swelling**

Swelling is the body’s normal reaction to surgery and healing. The swelling will not become apparent until the day following the extraction surgery and will not reach its peak for 2-3 days. It should decrease after this time, but swelling may last for 7-10 days.

Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the cheek.

**Pain**

Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications like Ibuprofen (Motrin, Advil) we recommend taking this prior to the local anesthetic wearing off. More severe pain may require a narcotic pain medication. Take the narcotic medication and 400mg (2 tablets / 200mg each) of Ibuprofen together every 4-6 hours as needed for pain. While taking a narcotic pain medication you may not drive or operate mechanical machinery. The prescribed pain medication will make you drowsy. Once you feel like you can stop the narcotic, use Ibuprofen and Tylenol together as needed. All medication should NOT exceed the recommended dosage.

**\*NOTE: If you are taking Plavix or Coumadin, do NOT take Ibuprofen or Aspirin products.**

Discomfort should subside daily. If not, please call our office.

**Dry Sockets**

If a dry socket occurs (loss of blood clot from the socket) there is constant pain that may radiate to other areas including the ear, jaw, and teeth. Symptoms of a dry socket do not typically occur until the 5th to 7th day after the procedure. If you do not have improvement during the first few days following the procedure, call the office. A medicated dressing may be placed or a medicated syringe may be given if the medications taken by mouth do not resolve the discomfort.

To help prevent a dry socket avoid vigorous rinsing, sucking on the wound, spitting, using a straw, smoking, and exercising for 2-3 days after the procedure. You may gently rinse your mouth with a dilute mouth rinse of your choice after one day.

**Diet:**  While numb, patients should avoid hot liquids or foods. Patients may have applesauce, pudding, or jello. Once the numbness wears off patients can progress to solid foods, chewing away from the surgical sites. Patients should avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas.

**Fainting Precaution**

If you suddenly sit or stand from a lying position you may become dizzy, especially if you have not eaten or have had limited fluids. Therefore, immediately following surgery, if you are lying down, make sure to sit for at least one full minute before standing.