

POST OPERATIVE INSTRUCTIONS

GRAFTING AND IMPLANTS



WHAT TO EXPECT

You have just had a minor dental procedure; it is normal to have some discomfort for the next couple of days.

- A little bleeding from surgical site is normal.
- You will likely experience some dull pain for the next 2 or 3 days. Over the counter Advil (Ibuprofen) or Tylenol (Acetaminophen) usually suffices. Please take as indicated on the bottle, unless otherwise prescribed by Dr. Alfaro. A prescription for stronger pain relief can be prescribed for you if the over the counter medication is not enough.
- Minor bruising and swelling is normal. This peaks at 3-4 days and begins to subside at that point. Placing a cold pack on the affected area for 20 minute intervals can help with the swelling. Advil (Ibuprofen) is also helpful to combat inflammation. Dr. Alfaro may prescribe you a steroid to help manage the swelling.
- ***Please contact us if there is sudden swelling or throbbing pain or uncontrolled bleeding.***

HOW TO CARE FOR THINGS

- Please be very gentle with your surgical site, especially if bone grafting materials have been placed.
- Avoid vigorous exercise for the next couple of days.
- Do not play with the sutures; these sutures need to stay in place for 3-4 weeks.
- Make sure any dentures do not apply pressure on the surgical site.
- Do not swish with mouthwash or brush with an electric toothbrush until cleared to do so. "pool and drool" your mouthwash and toothpaste.
- Avoid using straws or smoking (no negative pressure); these can pull out sutures or the membrane that has been placed over grafting materials.
- Please take the prescribed medications and attend your follow up appointments.

Please contact us if anything is concerning you at all! 250-354-4244