



**Dr. VINCENT VELLA - POST OP INSTRUCTIONS FOR TOOTH EXTRACTION,
IMPLANT SURGERY
AND/OR BONE GRAFTING**

DAY BEFORE SURGERY

1. Take 600 mgs. (3 tabs) of Advil (Ibuprofen) 4 times a day
2. If you have a prescribed antibiotic, take as directed.

DAY OF SURGERY

1. After Procedure, ice outside face (15 min. on, 15 min. off) for the first 36 hours. Ice chips can be used for swelling inside the mouth. (no sucking of chips)
2. Continue 600 mgs. (3 tabs) of Advil 4 times a daily for 48 hours. Can be continued for 5 days if tolerated.
3. Apply moist gauze packs every hour until bleeding subsides.
4. No smoking, spitting, or use of a straw for 1 week.
5. No alcohol, carbonated beverages, or use of mouthwash for 1 week.

There is no spitting for 10 days if grafting procedure has been performed.

DAYS FOLLOWING SURGERY

Use of warm salt water:

Starting 24 hours after surgery, rinse with warm salt water (1/2 tsp. salt per 8 oz. water) Rinse as often as possible for 2 weeks. If sutures have been placed, swab with toothettes after each meal.

Diet:

No chips, pretzels, crackers, or crusty breads for 10 days. No gum, caramels, or sticky foods if sutures have been placed. Avoid acidic, spicy and salty foods for 2-3 days, as they might sting the surgical areas. Some soft food choices: mashed potatoes, pasta, refried beans, oatmeal, eggs, fruit, or a protein shake.

Remember:

It is normal for saliva to be slightly streaked with blood for 1-2 days. If abnormal bleeding occurs, place a piece of moist gauze over extraction site for 1 hour and bite firmly. If bleeding persists: Use a moist teabag wrapped in gauze and bite firmly for 1 hour. If heavy bleeding occurs, please call the office.

Swelling and stiffness:

Is normal after extractions and should not cause alarm. Heat packs may be used 36 hours after surgery to reduce this effect. These symptoms usually peak on the 3rd day and begin to disappear on the 4th and 5th days.

Stitches:

Small stitches may have been placed at the surgical site and will be removed in 1 or 2 weeks. Please note: Some stitches may fall out early. (2-7 days) Do not be concerned by this, as plenty of stitches have been placed.

WE CAN BE REACHED AT 482-8980, IF YOU HAVE ANY QUESTIONS OR CONCERNS – PLEASE CONTACT US!

Dr. Vincent Vella and Staff