



CONTACT US



CONTACT

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AFTER HOURS EMERGENCY (479) 582-3360

FOR THE NEXT 24 HOURS

- **NO DRINKING THROUGH A STRAW**
- **NO SMOKING**
- **NO CARBONATED BEVERAGES**
- **NO ALCOHOLIC BEVERAGES**
- **MINIMIZE SPITTING**
- **TRY TO SLEEP IN A MORE UPRIGHT POSITION**

** These activities create a suction and may cause dislodging of the blood clots, resulting in pain and prolonged healing**

CARE FOR YOUR MOUTH AFTER ORAL SURGERY AND IMPLANT PLACEMENT

- **DO NOT RINSE YOUR MOUTH TODAY.** Starting tomorrow, rinse your mouth gently every 3-4 hours (especially after meals) using one-quarter teaspoon of salt to a glass of warm water. Continue rinsing for several days..
- **SLEEPING.** Tonight, it is recommended you sleep in an elevated position to help control bleeding.
- **BLEEDING.** Following extractions, some bleeding is to be expected. If persistent active bleeding occurs, place folded gauze pads over the area and bite down firmly for 20-30 minutes. Repeat if necessary. (Tip: Biting on a moistened tea bag can also be effective.)
- **SWELLING.** An ice pack or chopped ice wrapped in a towel should be applied to the external surgical area – half hour on and half hour off. Try to keep this up as much as you can for the first 2-3 days.
- **PAIN.** We recommend using the **3 x 3 x 3** rule – **3** ibuprofen **3** times a day for **3** days. Your doctor will prescribe a prescription to assist with any pain. These can be taken together.
- **FOOD.** A light diet is advisable for the first 24 hours. A soft food list will also be provided to give ideas for the next 3-7 days until you start to feel more comfortable.
- **BONY EDGES.** Small sharp bone fragments may work up through the gum tissue during healing. This is normal. Your doctor will bone graft more than what is needed in case of this. If they become annoying, call our office for their simple removal.
- If any **unusual symptoms** occur, call the office at once.
- Proper care following oral surgical procedures will hasten your recovery and prevent complications.