

EXTRACTION POST-OP INSTRUCTIONS

First 24 hours: Do **NOT** rinse or spit. Skip brushing till the next day. Once numbness has worn off it is okay to eat very soft food. Chew on the other side.

There may be slight bleeding which is considered normal. Avoid scrubbing and rinsing this area. The blood clot over the surgical area is like a scab and is protective, allow this blood clot to disappear on its own.

Take medications as directed.

For the first 2 weeks: Do brush and floss but be very gentle when rinsing. Brushing will be more focused on the teeth in the area and not on the gums where you had the graft done. Vigorous rinsing can disturb the graft. After brushing and flossing, use the prescription rinse gently for 30 seconds. Use this rinse twice a day. Do not use other mouth rinses during this time.

Soft diet, things you can cut easily with a fork, nothing hard or crunchy and try to chew on the other side. Keep each meal to 10 grams of sugar or less, check all labels. Examples of foods to eat: mashed potatoes, soft bread, yogurt, scrambled eggs, well steamed vegetables, smoothies. Nothing hard or crunchy like nuts, popcorn, chips, etc. **DO NOT** use straws. **DO NOT** spit. No carbonated beverages. No alcohol.

Continue to take medications as directed.

After second week: If you are still sore avoid hard and crunchy foods and stick to chewing on the other side until you are comfortable eating on both sides. This may take a few more weeks depending on how quickly you heal. Returning to regular brushing and flossing. Unless directed by your doctor, discontinue the prescription rinse.