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# Ithaca Oral Surgery and Implant Center

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Not a NY Article 28

## INSTRUCTIONS FOLLOWING EXTRACTION(S) AND SOCKET GRAFTING

Post op Appointment      Name: \_\_\_\_\_  
Day: \_\_\_\_\_  
Date: \_\_\_\_\_  
Time: \_\_\_\_\_

### BLEEDING:

Minor bleeding is normal but can be controlled with cotton gauze pads. Moisten the gauze pads with water when placing them and when taking them out moisten again with water. **It is best to leave the gauze pads in for 30-40 minutes at a time. NO SPITTING!!**

Taking them out too often can prolong the bleeding. If bleeding is more brisk, try using a black tea bag wrapped in a moist gauze pad with gentle pressure. You can experience some oozing for 24 hours. Call if bleeding is excessive. **DO NOT SLEEP WITH GAUZE IN YOUR MOUTH!!!**

**BE SURE TO HAVE WATER IN YOUR MOUTH BEFORE REMOVING GAUZE, GAUZE SHOULD NEVER BE TAKEN OUT DRY**

### RINSING:

**No rinsing for the first 10 days after surgery.** Flossing and brushing should be done with care. Teeth on either side of the extraction site can be cleaned with a moist Q-tip (warm water).

### SWELLING AND BRUISING:

A certain amount of swelling is normal in the first 3 days after surgery. **Ice, rest and Ibuprofen helps with this.** You may have some minor swelling for the first week, but if it is excessive, call. Bruising is relatively uncommon but not unexpected. It resolves quickly. Call if the IV site is bruising, red or worrisome. Ice can be used 5 minutes on, 10-15 minutes off on the face. Chilling but not freezing the ice bag works best.

### BONY PROJECTIONS:

After extractions, you may feel sharp areas in the surgery site, They are usually just irregular areas of bone and sometimes work their way loose. If they become irritating, call.

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**DIET:**

A light diet is advisable during the first week or so of healing. Soft foods are best and can be more substantial than just pudding or ice cream. Be creative!

**PAIN:**

Discomfort is usually at it's peak during days 3-6. Ice and Ibuprofen usually take care of most of this during days 1-3. Call if pain is severe.

Smoking, drinking carbonated or alcoholic beverages may harm the surgery sites. **Smoking is especially associated with poor healing if done at all during the first week of healing IS associated with increased discomfort than normal.**

**PRESCRIPTION INFORMATION:**

Narcotic medication (such as Vicodin, Tylenol #3 etc.) may cause drowsiness and should not be combined with alcohol. Don't drive or operate heavy machinery while taking.

Take all medications as directed and **do not** stop antibiotics or other medications unless advised.

Antibiotics can cause birth control pills to become ineffective. Additional birth control methods should be used. Ask your M.D.

Ibuprofen should not be used if aspirin allergic or other GI problems. Know that Advil, Ibuprofen, Motrin, etc. are all the same type medication.

**\*\*\* Report any signs or symptoms of COVID-19 to our office, your physician's office, and the local Department of Health \*\*\***

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