

Post Operative Care of Socket Preservation Graft

For the Patients of Dr. Robert Alvarenga

You have just had a tooth extracted and a bone graft placed in the socket. This work was probably performed in anticipation of a dental implant. The bone graft was placed to preserve the bone around the socket. Considerable bone resorption usually occurs after the extraction. The graft will help prevent this and preserve the bone for the implant. The bone placed in your jaw should be completely replaced by your own bone in about a year. Implants are a wonderful addition to our treatment bag of tricks and performing a bone graft along with the extraction will help make this possible. Please do not hesitate to ask any questions about the work performed today or about dental implants in general. We are here to help you.

Please follow these post-extraction instructions:

- Keep your head elevated above your heart for the next 24 hours. Use an extra pillow tonight if you can.
- Avoid any strenuous or aerobic activity for the next 5-7 days.
- Do not eat or drink anything really hot or really cold until the numbness wears off. Try to have liquids for today and starting tomorrow soft foods for 10 days.
- Do not sip through a straw, the vacuum created can dislodge the clot and or membrane.
- Do not smoke or drink alcohol for 24 hours. The vacuum created while smoking can dislodge the clot and or membrane creating a "dry socket" which is really painful. Alcohol can cause the surgical site to bleed.
- Do not rinse, brush or floss today. Rinsing may cause the bleeding to continue. Wait 24 hours before rinsing. Rinse twice a day with the peridex prescription rinse. You may also rinse gently with warm salt water. Use ¼ teaspoon of salt to a glass of water.
- Do not brush or floss around the surgical site for 10 days.
- Starting tomorrow you can brush and floss everywhere else in your mouth.
- Take pain medication prescribed to you or you may take Ibuprofen/Tylenol for pain. If you take aspirin daily you may continue that tomorrow.
- Use ice pack 20 minutes on and off for the first 24 hours. Wrap it in a wash cloth or paper towel. Ice is especially helpful in reducing swelling if used in the first 24 hours. After 24 hours, warm packs will help reduce existing swelling.
- A membrane may have been placed during the procedure to hold the bone that was placed in the socket. This membrane is white and may become exposed. If it becomes exposed it is ok. Do not hesitate to call if you have any questions about this.
- All of the sutures placed are dissolving and will come out on their own.

If you have persistent pain or bleeding or have any questions please call Dr. Alvarenga

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