

Irvine Dental Group

Post Operation Care Following Extractions, Oral Surgery, or Implants

General Instructions:

For the first 5 days following surgery, you should avoid strenuous exercise or activities. Use this time rest and to care for your mouth by following these instructions carefully:

1. Bite down on the gauze firmly in place for 45 minutes to help stop bleeding. If the bleeding has not subsided, change gauze pads every 30 minutes until bleeding has stopped. If you run out of gauze, wet tea bags may be used in their place.
2. Apply an ice pack to the surgical area (15 minutes on, 15 minutes off) for the first 48 hours (start immediately following surgery). For the next 48 hours (3rd day), apply heat packs the same way to help reduce swelling. The ice pack we provide to you in the office can also be used as a heat pack by heating it in the microwave for 20 seconds.
3. Do not rinse your mouth vigorously or spit for the first 24 hours. For the first 24 hours, gently rinse with warm salt water or saline solution and carefully brush the rest of your teeth **avoiding the operated area/tooth/teeth**. Do NOT use any mouthwashes unless instructed to by your dentist.
4. Irrigation with Peridex/Chlorahexadine (ONLY if instructed by your dentist)- Irrigate (using the syringe you were given) with 2cc twice per day, 30 seconds each time (once after breakfast and once after dinner). Do not eat or drink for 30 minutes after using Peridex/Chlorohexadine.
5. Diet- For the first 2-3 days, you should follow a soft or liquid diet (i.e. broth or soup, noodles or pasta, soft bread, jell-o, smoothies, yogurt, cheese, etc.)
 - o Avoid carbonated beverages and alcohol
 - o Avoid using a straw. Drink out of a cup normally
 - o Avoid extremely hot or cold liquids and food
 - o Avoid hard, crunchy foods (nuts, chips, etc.) or food with small seeds (strawberries, kiwis, etc.)
 - o Do not smoke for at least 48 hours following oral surgery. For implant and bone graft patients, avoid smoking for 5 weeks
 - o If you have had an implant(s) placed, avoid any type of hard food for 6 weeks.
6. Prescriptions- Take all prescribed medications on time and accurately. Do not take medications on an empty stomach. If prescribed Motrin 600mg, continue to take for 2-3 days after surgery even if you don't feel any pain as it helps reduce swelling. You can switch to regular Motrin 200mg on the 4th day.
7. Call the office or your doctor immediately if you have a reaction to prescribed medications or if bleeding does not subside. Do not continue to take medications (if they are giving you trouble) until after conferring with the doctor.
8. Follow Up Visit- Return to the office as instructed by your doctor. It is important for us to check your healing and progress.

After hours telephone numbers:

Dr. Niu Cell Phone

949-295-7577

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