



CARE FOLLOWING EXTRACTION AND BONE GRAFT SURGERY

BONE GRAFT:

- **DO NOT** rinse or spit aggressively for 7 days.
- **DO NOT** apply pressure with your tongue or fingers — the material is movable during the initial healing.
- **DO NOT** SMOKE, VAPE, SPIT OR DRINK THRU A STRAW.
- **DO NOT** lift or pull on your lip to look at sutures (stitches). This can cause undue pressure and tear the sutures.
 - Apply an ice pack on and off every 10 minutes throughout the first day.

NOTIFY THE OFFICE IF:

1. A suture falls out within the first three days.
2. If a bandage that has been placed loosens within the first three days.
3. If graft material comes out.
4. If your medications **DO NOT** relieve your discomfort.

IMPORTANT: These instructions are in addition to the General Instructions that may have been given already. If there is duplication, the instructions on this page supersede all others.

INSTRUCTIONS FOR PERIOSCIENCES GEL: Start the day after surgery, put one pump of gel on a Q-tip and gently dab on site. Do not rinse off — let it absorb.

1st week: 5 times a day

2nd week: 3 times a day

3rd week: 3 times a day

4th week: once a day until gone

For pain management: try one tablet (OTC) Tylenol 500 mg and 3 tablets Ibuprofen 200 mg together every 4-6 hours as needed.

Please notify the office if you have any questions. Usually, a single explanation can resolve the situation and free you of worry.