



Post-Operative Guide: Extractions With or Without Bone Grafting

Section 1: First 24 Hours

What to Expect

Pain: Depends on difficulty and number of teeth removed. Worst in the first 1–3 days. If pain increases again between days 3–7, call our office.

Bleeding: Normal for 24 hours. Blood mixes with saliva and looks heavier. Light bleeding at bedtime is OK—use a towel.

Swelling: Peaks days 1–4, improves days 7–10. Swelling that increases again between days 3–7 needs evaluation.

Sutures:

- Dissolving sutures may fall out between **2–14 days**.
 - If **non-dissolving**, they are removed **2–6 weeks** after surgery.
 - Do not touch or pull on sutures.
-

Strict No-Can-Do's

1. No rinsing for **24 hours**.
 2. No spitting, straws, suction, or pulling your lip/cheek for **7 days**.
 3. No rubbing/massaging the face over grafted areas for **3 months**.
 4. No smoking or alcohol for **3 days**.
 5. No exercise, heavy activity, mowing, vacuuming, or sports for **5 days**.
 6. No hot foods/drinks for **7 days** (warm is OK).
 7. No spicy, crunchy, popcorn, chips, carbonated drinks, or acidic juices for **14 days**.
-

Things You SHOULD Do

Pressure: Bite gently on gauze for 1 hour. Replace only if bleeding continues. Change every 30–45 min as needed (moisten gauze for comfort).

Cold Packs: 20 minutes on / 20 off for the first **36 hours**.

Medications: Take exactly as directed, with food unless told otherwise.

Oral Hygiene:

- No rinsing for 24 hours.
- Brush/floss the day after surgery — **avoid touching the surgical site** for 2 weeks.
- No Waterpik for **at least 30 days** (very traumatic to healing).
- Rinse gently with prescription rinse, Listerine, or warm salt water (1 tsp salt in ½ cup warm water). **Do not rinse vigorously.**

Diet:

Soft, cool foods only for the first 24 hours. Avoid chewing on the surgical side(s). Small bites, soft foods, and avoid sharp or seasoned foods.

First 24-Hour Food Ideas (Cold Only):



- **Beverages:** smoothies, protein shakes, iced tea, milk, Ensure/Boost (no straws), water
- **Meals:** cold pasta, cold soup, cold mashed potatoes
- **Desserts:** applesauce, pudding, Jell-O, mousse, yogurt

Vitamin Support:

Take a high-quality multivitamin with **Vitamin D**. We recommend **DentaMedica Recovery Kit**.

Section 2: Days 2–14

What to Expect

Pain: Day 2 may be the worst. Generally improves by days 3–5 and resolves by days 10–14.

Bleeding: Light pink “oozing” is normal for a few days. Heavy bleeding past day 2 — call us.

Swelling: May worsen on day 2, then improves by days 4–5.

Call if swelling increases again between days 3–7.

Bruising: Common. May last **7–14 days**.

Things You Should Do

Warm Packs: May switch to warm (not hot) after 24–36 hours.

Diet:

Continue soft foods. **If you can pinch through it easily, you can eat it.**

Chew away from the surgical area.

Soft Food Ideas (Days 2–14):

- **Drinks:** apple cider, coffee/tea (warm, not hot)
- **Breakfast:** eggs, oatmeal, French toast, pancakes, soft cereals
- **Meals:** soups, pasta, baked/steamed fish, frittata, stews, crock-pot meals, slow-cooked meats/veggies, mac & cheese, meatloaf

Vitamins: Continue your multivitamin with Vitamin D.

Section 3: Day 15 and On

What to Expect

Pain/Swelling: Should be minimal. New or worsening discomfort — call us.

Sutures: Dissolvable stitches should be gone. Non-dissolving may be removed at 2-week visit (sometimes left longer).

Socket Healing: Soft tissue closure may take **2 weeks to 3 months**, depending on tooth size and your health.

Things to Avoid

- No Waterpik near the surgical site for **30 days**.
- No facial pressure over grafted areas for **3 months**.



Things You Should Do

- Stop prescription rinse after week 2.
- Brush/floss normally but gently around the surgical area.

Diet

- **No graft:** You may resume normal foods, but chew gently and on the opposite side.
- **Graft or bilateral surgery:** Continue soft diet recommendations from Days 2–14 until your **3–4 month healing check**.
- Continue Vitamin D supplementation.

Section 4: What's Next?

Why You Should Replace Missing Teeth

Missing teeth can cause:

1. Reduced chewing ability and poor nutrition
2. Extra force on remaining teeth → more tooth loss
3. Shifting, drifting, and crowding
4. Higher risk of gum disease and loose teeth
5. Lower self-esteem and premature aging
6. Speech changes (whistling, lisping)

Replacing the Missing Tooth

- If replacement was planned, bone grafting was placed immediately after extraction.
- Graft heals for **3 months**.
- At your 3-month check, we take a **3D scan** to evaluate bone.
- Once bone is ready, we schedule implant placement.

Emergency Contact

Dr. John Thousand – 303-250-4091

Dr. Michael Romani – 559-300-9953

Dr. Hailey McKinley – 812-661-0931

Dr. Jessica Koster – 214-608-8046

Scan for Post-Op Video Instructions

