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Postoperative Instructions for Extractions / GBR / Implants

- Following dental surgery, it is normal to experience some swelling, stiffness and discomfort. Take 600 mg of ibuprofen (Advil/Motrin) with 500 mg of acetaminophen (Tylenol) every 6 hrs. If additional medication has been prescribed, take as instructed.
- Place cold compress on the surgical area, 15 minutes on, 15 minutes off for the initial 24 hrs. after surgery.
- BLEEDING – it is normal for the saliva to be slightly streaked with blood for about 1-2 days. If abnormal bleeding occurs, place a piece of moist gauze over extraction site and bite down for 30 – 45 minutes.
- Avoid smoking.
- Avoid sucking liquid through a straw.
- Rest.
- Liquid diet for 2 days (Carnation Instant Breakfast®, Meritene® and Ensure® are recommended) then soft foods (the consistency of mashed potatoes or scrambled eggs) may be consumed following the second day and for at least 2 weeks (until the incision has closed completely).
- Do not lift or pull on lip or cheek to look at sutures. Keep fingers and tongue away from surgical site.
- Do not brush and floss near the surgical site for 2 days then very light brushing and flossing for 4 weeks before returning to routine brushing and flossing.
- In case of immediate load on an implant, avoid mastication on the implant crown for 6-8 weeks.
- Sutures should be removed in 2 weeks.
- On the morning following surgery, rinse mouth with warm salt water (1/2 teaspoon salt to a glass of warm water). Repeat this several times daily.

Notify us if:

1. Your medications do not relieve discomfort.
2. You have questions.

Emergencies: (619)977-8017 (Dr. Thompson)