

W. PETER NORDLAND, D.M.D., INC.

PERIODONTAL PLASTIC SURGERY
MICROSURGERY
REGENERATIVE AND RECONSTRUCTIVE SURGERY
IMPLANT SURGERY
850 PROSPECT STREET, LA JOLLA, CALIFORNIA 92037
TELEPHONE (858) 459-7374

POSTOPERATIVE INSTRUCTIONS FOR EXTRACTION/BONE GRAFTING & MEMBRANE PLACEMENT

1. **ACTIVITY:** Reduce your activity for one or two days following surgery.
2. **CARE OF YOUR MOUTH:** Apply an ice pack for the next 6 to 24 hours (15 minutes on, 15 minutes off). Do not brush your teeth in surgery areas or the dressing itself (if a dressing has been applied). Brush and floss all teeth that did not have surgery or are not near surgery site. Then rinse gently with Peridex two times per day.
3. **DISCOMFORT:** Following all types of surgery, you can expect some discomfort. Please take anti-inflammatory medication as directed. It is often a good idea to take the anti-inflammatory medication the first evening after surgery before retiring. Consider taking it with milk or other food to help prevent nausea. If nausea develops, reduce or eliminate the anti-inflammatory medication and try to eat a small portion of soft, mild food such as yogurt.
4. In the area where the tooth was extracted there will be white sutures and a white collagen membrane. Most of the sutures will be removed at your post-op visit. The membrane will take up to 6 weeks to dissolve.
5. **SWELLING:** In some cases, mild swelling may occur, but will usually go away in 3 to 4 days. After the first day, stop using ice packs.
6. **BLEEDING:** There will often be slight oozing following surgery. Cold water and an ice pack will minimize this. Avoid smoking, spitting, rinsing or sucking actions (using straws) and drinking carbonated beverages on the first day. If heavy bleeding occurs, place a moistened tea bag on the affected area with firm pressure until it stops. If bleeding persists, call our office at **(858) 459-7374**.
7. **BRUISING:** In some cases, facial bruising can occur, sometimes a few days after surgery. Because surgical incisions do cut blood vessels, bleeding under the surface of the tissue can later appear as a bruise.
8. **EATING: You can eat right away.** Eat only cold or room temperature soft foods the day of surgery such as baked chicken, potatoes and eggs. After the first day, stay on a soft but balanced diet. Avoid hard, chewy or spicy foods, popcorn and seeded rolls until you come back for your postoperative visit. If you wish to eat vegetables, please make sure they are steamed until soft.
9. **DRESSING:** If a dressing is placed, pieces of it may come off. If a large area of the dressing becomes dislodged, there is no need for alarm unless there is excessive bleeding or discomfort. If you are concerned, please call our office **(858) 459-7374**.
10. **ANTIBIOTICS:** If antibiotics are prescribed, take them as directed until they are completely gone. If an allergic reaction such as a rash and/or nausea develops, discontinue the antibiotics and call our office at **(858) 459 7374**.
11. **SMOKING:** Please **do not smoke for 6 weeks** following surgery, as it will inhibit normal healing.

In an emergency, Dr. Nordland's home telephone number is (858) 459-7384.