

YOU HAVE JUST HAD AN EXTRACTION FOLLOWED BY A BONE GRAFT

****IT IS IMPORTANT TO KEEP THE EXTRACTION/GRAFT SITE CLEAN ****

AND INJURY FREE

THE FOLLOWING STEPS ARE STRONGLY RECOMMENDED:

- 1. IT IS IMPORTANT TO NOT DISTURB THE GRAFTED AREA! THIS MEANS NO VIGOROUS RINSING OR SWISHING FOR THE FIRST 2 WEEKS. IT IS ALSO IMPORTANT TO DRINK PLENTY OF FLUIDS.**
- 2. KEEP YOUR MOUTH CLEAN BY BRUSHING AND FLOSSING EVERY TOOTH, EVEN THOSE NEXT TO THE EXTRACTION SITE.**
- 3. EAT SOFT FOODS FOR THE 1ST WEEK. EXAMPLES WOULD BE: PASTA/ FISH / YOGURT/ ICE CREAM/ NOT SO HOT SOUPS/ **AVOID** ITEMS SUCH AS NUTS/CRACKERS/ FOODS WITH SEEDS/ **DIFFICULT TO CHEW** MEATS SUCH AS STEAK AND CHICKEN WINGS**
- 4. **IF YOU HAVE NO MEDICAL RESTRICTIONS, TAKE ANTI INFLAMMATORY MEDICATIONS** SUCH AS: TYLENOL, ADVIL, MOTRIN, AND ASPIRIN. USE AS DIRECTED, UNLESS OTHERWISE INSTRUCTED.**
- 5. **PLACE CORSODYL 1% GEL** ON AFFECTED AREA AND GUMS USING A CLEAN DRY Q-TIP 4X A DAY OR AS DIRECTED. USE THE **CHLORHEXIDINE RINSE** -SWISHING LIGHTLY 4X A DAY OR AS DIRECTED .**
- 6. IF GIVEN AN ANTIBIOTIC, PLEASE TAKE ALL MEDICATIONS UNTIL THEY ARE FINISHED. IF YOU FEEL YOU ARE DEVELOPING COMPLICATIONS FROM THE ANTIBIOTIC (NAUSEA, RASH, VOMITING OR BREATHING CONSTRICTIONS)
STOP ALL MEDICATIONS!
IF YOU FEEL IT IS AN EMERGENCY DIAL 9-1-1!**

IF YOU HAVE QUESTIONS OR CONCERNS CALL OUR OFFICE OR THE AFTER HOURS NUMBER YOU WERE GIVEN.

**ADVANCED AESTHETICS DENTISTRY
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