



VIET HO
PROSTHODONTIST

Post-Op Instructions – Implant / Sinus Augmentation

Follow these instructions carefully to ensure the successful healing of your tooth extraction.

When to call us:

It is normal to experience some discomfort for several days after a tooth extraction, but call us right away if you have:

- Heavy or increased bleeding
- Pain or swelling that increases or continues beyond two or three days
- A bad taste or odor in your mouth
- A reaction to the medication

During the first 24 hours

It is important that a blood clot forms on the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid the pain of dry socket:

- Bite on a gauze pad firmly for 20 minutes. Blood and saliva mix in the mouth and make it look like there is more bleeding than there really is. Some oozing is normal.
- Don't spit, and don't suck on candies or through a straw.
- Don't rinse your mouth, and don't brush next to the site.
- Don't smoke or use tobacco. Avoid tobacco for at least 72 hours because it slows healing.
- Don't drink hot, or alcoholic drinks, and avoid hot or spicy foods.

To keep swelling to a minimum, use an ice bag over the area, 20 minutes on and 20 minutes off.

After the first 24 hours

Begin to eat normally as soon as it's comfortable.

Resume brushing and flossing, but clean gently around the site for about a week.

If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

Reduce soreness or swelling

By applying moist heat. Swelling usually starts to go down after 48 hours.

Further reduce swelling by rinsing your mouth very gently with warm salt water. Use about one teaspoon of salt per glass of warm water. Rinse two to three times a day for the week following the extraction.

To control discomfort, take pain medication before the anesthetic has worn off or as recommended

Post op medication instructions



- To best control your pain, take the **Tylenol (OTC)** and **Ibuprofen** every 6-8 hours each day
- Make sure to wait 1-2 hours between the **Tylenol (OTC)** and **Ibuprofen**.
- The **Tylenol 3 w/Codeine** is to be used only for pain the night of the surgical day.

Day 1-2

TIME:

Tylenol (OTC)
(1 pill, 500mg)

Wait 1-2 hours

TIME:

Ibuprofen (Motrin, Advil)
(1 pill, 600mg)

Wait 6-8 hours from last Tylenol

TIME:

Tylenol (OTC)
(1 pill, 500mg)

Wait 1-2 hours

TIME:

Ibuprofen (Motrin, Advil)
(1 pill, 600mg)

Repeat every 6-8 hours for 2 days

Taking medications with food and drinking plenty of fluids is recommended. Do not drive or operate heavy machinery while taking **Tylenol 3 w/ Codeine**, and make sure you rest after taking it.

**Tylenol 3
w/ Codeine**

Take 1
before bed
time on 1st
day if
needed

**Tylenol 3
w/Codeine**
Only as needed

Tylenol(OTC)

Take both
regularly

Ibuprofen

WARNING

Tylenol 3 w/Codeine
Side effects include:

- Nausea
- Vomiting
- Constipation
- Headache
- Drowsiness
- Dizziness

Amoxicillin

(Antibiotics)

Instructions:

Take 3 times daily for 7 days until finished.

Chlorhexidine (Rinse)

Instructions: Use twice daily after brushing your teeth. Measure your dose using the cup provided with the medication. Swish the medicine in your mouth for at least 30 seconds, then spit it out. Do not swallow the mouthwash.