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**Laser Periodontics and Dental Implants of South Carolina**

## **POST OP INSTRUCTIONS**

### **EXTRACTIONS (Teeth which were pulled/removed) and SECOND STAGE IMPLANT SURGERY**

1. Keep the gauze in place for one full hour. After the gauze is removed, if there is heavy bleeding, place a new piece of gauze over the extraction site and leave it in place for another full hour, pressing down or pressing laterally to stop the bleeding. If the bleeding has not subsided after the second hour, get a wet tea bag and place it over the extraction site for a third hour, applying pressure. If all of the above has not stopped the bleeding, please call the office at (843)650-7171.
2. No alcoholic beverages for the next 24 hours. Alcohol thins the blood and may cause heavy bleeding and cannot be mixed with any prescribed narcotic.
3. No smoking for the next 24 hours. This may dislodge blood clot thus causing a dry socket, which can be very painful.
4. For today, stick with a soft diet: mashed potatoes, scrambled eggs, pasta, bananas, etc. Make sure what you eat does not contain any little particles like nuts or sesame seeds.
5. Please refrain from rinsing, spitting, or sucking through a straw for the next 24 hours. You want a solid blood clot to form in the extraction site or Second Stage surgery site. If you feel that you need to rinse, place some water in your mouth, tip your head side to side, then let the water drain from your mouth.
6. If you have been given a prescription, have it filled and start taking it as soon as you arrive home. You can start rinsing with warm salt water tomorrow, (8oz of warm water with ½ teaspoon of salt), but not today.
7. If you start bleeding, DO NOT rinse or spit until the bleeding has stopped for a minimum of 24 hours.

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