

Champlain Periodontal

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Post-Operative Instructions following Extraction

DISCOMFORT: Minor discomfort is to be expected and is usually controlled with over-the-counter pain relievers such as Advil or Motrin (ibuprofen). 600mg of ibuprofen every six hours is recommended. Any discomfort usually subsides within a few days. If you feel you need stronger pain medication, please call our office.

SUTURES: Sutures have been placed at the extraction site. These typically dissolve or fall out within the first several days following surgery.

BLEEDING: Slight oozing of blood is not uncommon and requires no attention, however if you experience active bleeding, apply firm, uninterrupted pressure to the area with a moist gauze or moist tea bag for twenty to thirty minutes. If bleeding is excessive or does not stop with pressure, please call our office.

SWELLING: Apply an ice pack to the area following surgery, alternating 20 minutes on, 20 minutes off. Sleep with your head slightly elevated for the first night. Avoid strenuous activity until swelling has subsided.

BONE GRAFTING: If a bone graft has been placed, you may experience a “gritty” or “sandy” feeling in your mouth for several days. Be assured that this is excess bone graft and not an indication that the graft is failing. You may also notice a small gelatinous piece of collagen dislodging from the site. This is also normal and no cause for alarm.

ORAL HYGIENE: Do not brush or floss the area for one week following surgery. After the first week, begin brushing the area gently with a soft brush.

DIET AND NUTRITION: Please keep your diet soft for the first few days, avoiding crunchy, hard, crusty or seedy foods for several days. Avoid hot foods or drinks for the first day after your surgery. Do not use a straw for several days.

If you have any further questions or concerns, please call our office at 862-1435, or:

Dr. Brian Huber – home: 288-8003 cell: 373-9861