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Instructions after Dental Extraction with Bone Graft / Collagen Plug

Bleeding

Bite firmly on the gauze for **30–60 minutes** after the procedure. Minor bleeding or oozing for the first **24 hours** is normal. If bleeding continues, place a new piece of gauze or a **moist tea bag** over the area and bite firmly for another **30 minutes**.

Protect the Surgical Site

To allow proper healing of the bone graft:

- **Do NOT rinse vigorously for 24 hours**
- **Do NOT spit forcefully**
- **Do NOT use a straw for 5–7 days**
- **Do NOT smoke or vape for at least 5–7 days**
- **Do NOT touch the surgical area with your tongue or fingers**

* Occasionally, small particles of graft material may come out. This is normal. *

Swelling

Apply an **ice pack** to the outside of the face for **20 minutes on / 20 minutes off** during the first **24 hours**. Swelling may increase during the first **48–72 hours** before gradually improving.

Pain Control

Take medications as directed by your dentist. **Ibuprofen (Advil / Motrin)** or **Acetaminophen (Tylenol)** may be taken for discomfort unless otherwise instructed.

Diet

Eat **soft foods for the first 1–2 days**, such as yogurt, eggs, soup (lukewarm), smoothies (**without a straw**), mashed potatoes. Avoid **hard, crunchy, spicy, or very hot foods**. Chew on the **opposite side** of the mouth.

Oral Hygiene

Continue brushing and flossing normally but **avoid the surgical area on the first day**.

Starting the **next day**, gently rinse **2-3 times daily with warm salt water** (½ teaspoon salt in a cup of warm water).

Activity

Avoid **strenuous exercise or heavy lifting for 48 hours**. Keep your head slightly **elevated when resting**.

Please contact our office if you experience:

- Heavy bleeding that does not stop with pressure
- Severe or worsening pain after several days
- Increasing swelling, fever, or signs of infection
- Persistent bad taste or drainage from the area

Bone graft healing typically takes about 2 months before implant placement, depending on the location and bone quality.

If you have any doubts or concerns, please call us at (510)792-7888 or email info@fremont.dental