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## Extraction/Bone Graft Post OP

- Please take medication as prescribed
- Numbness usually goes away within 2-4 hours after surgery
- Bleeding is stopped by the time you leave the clinic. Some minor “weeping” is normal following surgery. Minor bleeding plus saliva makes it seem as if the area is bleeding more than it actually is. In this event, use a brewed tea bag and bite/provide pressure on the area with the tea bag. The tannic acid in the tea will help the area clot.
- You may feel some “grittiness” after the procedure. Do not be alarmed, this is a small amount of excess bone graft material leaving the site. A little is fine, if it feels like a lot and sutures are loose—please call us!
- Cold compress 20 minutes on/20 minutes off for the next 24 hours will help reduce any bruising and swelling.
- Keep your head elevated for the first 24 hours, use an extra pillow when sleeping.
- Beginning the second day after surgery you can start using a warm compress in the area.
- Rinse/clean the area by gently swishing with warm salt water rinses (1 tsp/12 oz water) or Peridex.
- Still lightly brush the adjacent teeth around the surgical site
- The sutures may come unraveled as you start to eat and clean around the area in the following week, try to avoid “playing” with the sutures with your tongue
- Sutures will dissolve in 10-21 days depending on the type of suture used.
- For the first 4-5 days be careful with certain foods. Nothing too spicy, small, or sharp. Chew your food on the opposite side.
- Do NOT, spit, suck through a straw, smoke, or drink alcohol for at least 3-5 days.
- Limit yourself to calm activities for the first 1-3 days, avoid strenuous exercise.