

**After Extraction and Socket Grafting** - Please review these instructions with your healthcare team. Following them will lead to the best outcome. If needed after office hours, Dr. Krakora's cell: 412-728-3331. Thanks for choosing our practice! We want you to get better soon. Dental implants are a great way to replace a missing tooth. Go to [www.newteethnewlife.com](http://www.newteethnewlife.com) for more information.

1. Sterilized cadaveric bone was placed in the socket after the extraction to help develop a good bone foundation. After an extraction there is always bone loss. This graft helps prevent bone loss. There were no live cells placed, just the calcium scaffold left behind.
- 2. You Need to Heal 4 months before the implant is placed.**
3. **Protect the Packing over the socket. The packing is dissolvable and will come off soon. No vigorous mouth rinses or spitting. Chew on the other side.** Vigorous mouth rinses and spitting dislodge the packing. **It's ok to brush teeth** and keep your mouth clean. Be careful around the packing. Try to protect it until it falls off.
4. **Use the blue mouth rinse** – Just let it sit in your mouth, **and do not perform any vigorous** rinses or spitting. Let it gently fall out of your mouth.
5. **It's ok to eat** soon after the extraction.
6. **Take Ibuprofen 800mg, that's 4x200mg, and Tylenol 1000mg.** You may take them together every 8 hours or alternate between the medicines every 4 hours. Do this as a base pain medication for the next several days. If you have any stomach ulcer problems or allergies do not take it. It is available over the counter.
7. **Take the narcotic as needed every 4 – 6 hours.** It's ok to take the narcotic we are prescribing for you with the ibuprofen and Tylenol. Take the ibuprofen and Tylenol as a base, and the narcotic on top of it, together. It's ok to take them together, but it may make your stomach upset. Take them with food, especially the narcotic. If the narcotic makes you sick, cut in half or quarters and take with food.
8. **Avoid smoking.** Nicotine constricts blood vessels. As a result it delays healing, causes more pain, leads to more infections. If you smoke please anticipate 2 to 3 weeks of pain.
9. **Apply wrapped ice**, 20 min on and 20 min off for the first several days. Heat after that.

#### 10. Common Problems

- a. **Pain and swelling** – Peak around days 3 and 4. Don't be alarmed that it gets worse. Keep taking the ibuprofen and Narcotic.
- b. **The Packing Comes out** – This is normal. It will come out within the first week.

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- c. **If you don't accept a Narcotic Prescription or loose it we cannot get you a new one.**

**11. We will see you in 4 months for an Implant Consultation!**