

Post-Operative Instructions

Tooth Removal | Implant Placement | Bone Grafting | Laser Surgery | Tooth Exposure



Wilmington
Oral Surgery



Immediately after surgery

Resting for the first one to two days will help begin your healing. Heavy physical activity can result in increased pain and prolong the healing time. Once you get home, rest and relax. Elevating your head, placing cold packs on your face and eating soft foods are important post-operative instructions to remember. Refraining from smoking will help the surgical sites heal better & can decrease post-operative pain.



Pain

Most patients require pain medication for one or two days after their surgery. Narcotic pain medications will make you groggy and slow your reflexes. Do not drive, operate machinery, or drink alcoholic beverages while taking these medications. Also, do not take these medications on an empty stomach, as this can increase nausea and vomiting.



Swelling

Ice, frozen peas, or a gel pack will be of great benefit to minimize post-operative swelling. This needs to be started as soon as possible after the surgery and continued for the first 24 hours in order to help the most. Swelling will peak on days 2–3 post-operatively, and then decrease each day. After 48 hours, moist heat will help to decrease swelling & bruising quicker.



Bleeding

Some bleeding is to be expected following tooth removal. Minor bleeding or oozing for the first few days is not uncommon. Firm pressure on either a gauze pad or a moistened tea bag for thirty minutes will stop the bleeding in most cases. Keeping your head elevated will also help. If bleeding does not subside, please call us for additional instructions.



Diet

Eating soft foods for the first few days will make your recovery easier. Do not use a straw for the first two days—this can increase bleeding.



Oral Hygiene

Be gentle with cleaning your mouth after surgery. Do not vigorously rinse your mouth for the first 24 hours. Gently brushing and rinsing are important. Rinsing should be done using lukewarm water with either a teaspoon of salt added or a small amount of Scope or Listerine added. If you are given a plastic irrigating syringe, do not begin irrigating until day 7 post-operatively. The salt water or Scope-water solution is used for irrigating.



Medications

Do not stop any medication which has been prescribed by your physician, unless directed to do so by your physician.

Please call the office at **(937) 382-8020** if you have questions or concerns after your surgery.

Digital CBCT

Laser site decontamination

Ozone therapy

Site treatment with Manuka Honey

Utilization of PRF and Alb-PRF

Photobiomodulation

Utilization of Stellanlife and PhytoDental products

Use of Natural anti-inflammatory medications:
Astaxanthin, Arnica montana, Bromelain/Quercetin

Use of DMSO with essential oils

Dentin Autografting

SDS Zirconium Implants



VEGA Oral Care Recovery Kit

A holistic product formulated to *accelerate healing after oral surgery procedures.*

After Surgery (4x/day)

Use for seven days after surgery

- Rinse 1–2 tsp for 2 minutes
- Spray 4 times under tongue
- Gel placed at surgery site; use gel in the plastic syringe
- Do not eat or drink for **20 minutes after each use**

Supplement Schedule

Bromelain & Quercetin

One pill three times daily for seven days post-op

Astaxanthin

One pill daily for seven days post-op

Arnica montana

Two tablets to dissolve under tongue three times daily for three days post-op

Pre-Op Day 3	Pre-Op Day 2	Pre-Op Day 1	Surgery Day	Post-Op Day 1	Post-Op Day 2	Post-Op Day 3	Post-Op Day 4	Post-Op Day 5	Post-Op Day 6
VEGA Oral Care Recovery Kit									
Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day	Rinse 4x/day
Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day	Spray 4x/day
			Gel 4x/day	Gel 4x/day	Gel 4x/day	Gel 4x/day	Gel 4x/day	Gel 4x/day	Gel 4x/day
Supplements									
Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day	Bromelain 3x/day
Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day	Astaxanthin 1x/day
		Arnica 2 tabs at night	Arnica 2 tabs 3x/day	Arnica 2 tabs 3x/day	Arnica 2 tabs 3x/day				