

RECOVERY TIMELINE



	SURGERY DAY	1 DAY	2-3 DAY	4-6 DAY	+7 DAY
 BLEEDING					
 NUMBNESS					
 PAIN & SWELLING	<p>Use ice to control swelling</p>		<p>Use warm moist heat to improve swelling</p>		
 HYGIENE					
		START PRESCRIBED MOUTH RINSE 24 HOURS AFTER SURGERY			
 DIET					
 ACTIVITY					

EXPECTATION



Bleeding is normal and may persist through the evening of surgery, potentially lasting up to 24 hours. Use gauze to absorb excess blood, placing it directly over the surgical sites and applying pressure by biting down.



Numbness is normal and may feel like swelling in the mouth, lips, tongue, and/or throat. It typically lasts 2-8 hours after surgery.



Pain and swelling is expected. It will peak 2-3 days following surgery. See pain regimen sheet.

Dry socket is rare, occurring usually 3-5 days after surgery with significantly increased pain.

Infection is rare, occurring less than 5% of the time. It occurs usually 5 to 7 days following surgery.



Stick to soft foods for the first 48 hours, then gradually resume your usual diet as tolerated. Stay hydrated. Avoid putting pressure on the surgical site when chewing for 6 weeks after an extraction and 12 weeks following an implant.



Limit your diet to soft foods for the first 48 hours, then gradually return to your regular diet as tolerated. Staying hydrated is very important. Avoid chewing pressure on the surgical site for 6 weeks after extraction or 12 weeks after implant placement.



Limit activity on day of surgery. Slowly return to normal activity as you feel comfortable.



There is no good time to return to smoking or drinking alcohol. We recommend delaying this as much as possible.

CONCERN - PLEASE CALL



If Bleeding lasts more than 24hrs.

If large, liver-like blood clot is present with persistent bleeding.



If numbness persists on the day following surgery.



If pain remains severe despite following the pain management instructions.

If pain significantly increases four days after your surgery, especially with painful red swelling of the cheeks or gums.



If you are unable to adequately clean the mouth following surgery or if a large amount of food gets trapped in the surgery site that cannot be rinsed away with an irrigation syringe.



If you have severe nausea and vomiting. If you are severely dehydrated and not producing urine normally.



If you have excessive drowsiness on the day following surgery.