



Etienne P. Lacrampe, D.M.D., Inc.

Practice Limited to Periodontics and Dental Implants

Post-Op Instructions Following Osseous Surgery, Implant Placement and Tooth  
Extraction

- 1. No brushing or flossing the area we worked on until your next appointment.**
2. No rinsing after surgery at all. The day after surgery, rinse two times a day 60 seconds each or use a q-tip with the prescribed rinse to clean the surgery area. You may brush and floss all your other teeth like normal avoiding the surgery area.
3. For one week: Soft diet and No straws, use a spoon. No crunchy, sharp, hard, or sticky foods. No chips and salsa or popcorn. Examples of good foods to eat are eggs, pasta, chicken, fish, rice, mashed potatoes, and lukewarm soup. Anything hot, let it cool down before you put it in your mouth.
4. Bleeding- Minor bleeding and oozing is both normal and expected immediately following surgery. If you experience any continuous or prolonged bleeding, please contact the office.
5. Swelling- Swelling and bruising are not uncommon and can persist for 4-5 days after surgery. Please use an ice pack- 20 mins on/20 mins off on the outside of your cheek for the first 24 hours.
6. Take all medications as prescribed.
7. No smoking and that includes smokeless tobacco, vaping, and pot, as these inhibit healing. No alcohol for 72 hours as it is a blood thinner and makes bleeding complications more likely.
8. No heavy duty exercising for three days after surgery. Rest and let your body heal.
9. Sutures- We use a variety of sutures (stitches). Some are resorbable and some we need to remove at your next visit. Do not remove the sutures yourself. The sutures are essential for good tissue adaptation.

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Diplomate of the American Board of Periodontology

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**We recommend 600mg (3) 200mg tablets) of Ibuprofen (Advil, Motrin, all generics are fine) AND 1- gram (2) Extra Strength Tylenol or generic equivalent every six (6) hours to control pain or swelling. If you are taking a narcotic, DO NOT TAKE ANY ADDITIONAL TYLENOL.**

If you have any other questions or concerns, please feel free to contact our office at 925-937-6350. Dr. Lacrampe can be reached after hours at (925)518-5973.