**Bone Graft/ Extraction Post-op Instructions**

1. No rinsing or spitting for 24 hours.
2. Keep fingers away from the extraction area.
3. No smoking for three days.
4. Soft food diet consisting of things easily chewed for first 24 hours.
5. Do not brush the site for 24 hours unless instructed to do so.
6. No strenuous exercise for 24 hours.
7. Take medication as prescribed. Tylenol or Advil are recommended. Avoid aspirin products.
8. One can expect the extraction site to ooze blood for 24-48 hours. Oozing a slight amount of blood on your pillow is NOT considered bleeding.

**If persistent bleeding occurs:**

1. Bite down with pressure on 2 gauze pads folded in half for 30 additional minutes.
2. Sandwich a slightly wet teabag between 2 gauze pads and bite down with pressure for 30 minutes. Tannic acid helps stop the bleeding.

**Call the office for additional instruction if:**

1. Bleeding persists after following the instructions above.
2. Pain persist and gets worse after 2 or 3 days.