

Post Treatment Instructions

Most patients have minimal discomfort/swelling/bleeding after extraction surgery. It is normal to see increased swelling, discomfort and possibly bruising after 2-3 days...it is NOT infection. Each individual's health status and medical conditions, immune system status and current medications may affect the post operative overall healing process.

Extraction by its nature creates an acute "injury" – that's what stimulates the healing through the biologic process of inflammation, tissue formation and remodeling. It is a detoxification process – you often feel worse before you feel better. Lymphatic draining exercises can help – see a video on lymph draining in #1 "What Is Holistic" in the Info Sheet Table of Contents. Getting rest is important. If you exercise, wait 2-3 days. With our extraction protocol, dry socket and infection are very rare. Any post-op issues that may seem severe are typically resolved by 1 week or less.

- Take prescription as instructed
- Take Advil +Tylenol together in same dose up to 4X a day for up to 7 days. Aleve 2X a day is also excellent.
- Take Quercetin-Bromelain natural anti-inflammatory
- Rinse gently with warm salt water – ideally use colloidal silver (Argentyn 23) starting tomorrow, 3-4 times a day, for 7 days
- If a removable tooth was not made, bite on gauze for 4 hours, changing it every hour or as needed.
- If a removable tooth was made – carefully remove it daily to gently rinse.
- If excessive bleeding occurs, place a warm tea bag over the area
- Swelling/bruising may occur. Use cold pack 15 min. on/15 min. off for 6 hours.
- Soft, non-chew diet for 3 days No extreme hot/cold or using a straw.
- If upper back teeth were extracted, do not blow your nose.
- Brush/floss normally starting tomorrow. Avoid the surgical area for 3 days.

Other suggestions:

SinEcch Surgical strength Arnica Montana

Socket gel or Stella Life Vega Oral Gel soothing aloe vera-based gel

Dr. Christopher's X-IPFX natural antibiotic and/or Stop-AKE pain reliever.

Passion Flower to help you sleep

Low level (cold) laser to manage inflammation and stimulate healing. The low level laser is excellent to use for all sorts of pain/inflammation throughout the body. You can get these items through our holistic dental learning site

https://gtarantoladds.com/natural_anti_inflammatories_pain_relief

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