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Practice Founder

Layla Alexander,
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Our mission is to provide oral and implant surgery that includes thoughtful and careful diagnosis, comprehensive case planning, meticulous surgical care, and dedicated follow up. Each and every patient and his or her family are treated with kindness, dignity, respect, and a gentle hand.

Please feel free to call us at
615-893-7736 (Murfreesboro office)
or **615-462-7987** (Smyrna office)
concerning questions regarding your
surgery or anesthetic.



Lisa Crowell, Patient



MIDDLE TENNESSEE ORAL & IMPLANT SURGERY

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What To Expect After An Extraction

After an extraction, it's important for a blood clot to form in order to stop the bleeding. This process also allows the healing to begin. It is for these reasons that you will be asked to bite on a gauze pad for 30-45 after the extraction is complete. If the bleeding or oozing continues to persist, you will need to use a clean gauze pad and bite firmly on it for an additional 30 minutes. It may be necessary to complete this step several times. Should your bleeding persist, dampen a tea bag and bite on the tea bag until the bleeding stops.

BLEEDING

Once a blood clot forms, it is important not to disturb or dislodge the clot as it aids in healing. Therefore, for the first 72 hours following an extraction do not: rinse your mouth vigorously, suck on straws, smoke, drink alcohol or brush teeth next to the extraction site

PAIN AND SWELLING

After an extraction you may experience some pain and swelling. You may use an ice pack or an unopened bag of frozen peas or corn and apply it to the area to keep swelling to a minimum. Swelling typically subsides after 48 hours.

PAIN MEDICATION

Use pain medication as directed. If your pain medication is not providing you relief, please call our office. If you are prescribed antibiotics, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone.

DIET

Drink plenty of fluids and eat nutritious food that is soft on the day of the extraction. As soon as you are comfortable, you may resume your normal diet.

DENTAL HYGIENE

You may resume your normal dental routine 24 hours following the extraction. This should include brushing and flossing your teeth a minimum of once daily. This process will speed healing and help keep your mouth fresh and clean.

ACTIVITY

You may resume your normal activities generally within 48 hours of extraction. If you have heavy bleeding, severe pain, continued swelling for an additional 2-3 days, or a reaction to any medication, call our office immediately at **615-893-7736** (Murfreesboro) or **615-462-7987** (Smyrna).

What To Expect After Receiving Implants

Upon receiving your implant(s), it is important not to disturb the wound. Please avoid rinsing, spitting or touching the wound the day of the surgery. In some cases there will be a metal healing abutment protruding from the gingival (gum) tissue. Please be assured that this is normal.

BLEEDING

Some bleeding or redness in the saliva is typical the first 24 hours following the surgery. If your experience excessive bleeding (your mouth fills up rapidly with blood) simply bite on a gauze pad placed directly on the bleeding wound for 30 minutes. If the bleeding persists, dampen a tea bag and bite on the tea bag until bleeding stops. If bleeding continues, please call our office for further instruction.

SWELLING

Swelling is a normal occurrence after surgery. You can minimize swelling by applying an ice bag, plastic bag, or towel filled with ice on the cheek in the area of the surgery. Apply the ice continuously, as much as possible, for the first 36 hours following your surgery.

DIET

It is important to drink plenty of fluids, especially on the day of the surgery. However, avoid hot liquids as well as hot food. You may return to a normal diet within 48-72 hours, unless otherwise directed.

PAIN

You should begin taking your pain medication within an hour following your surgery. For minimal pain, you may take 1 or 2 Ibuprofen (Advil or Motrin) instead of Tylenol. If your pain is more moderate, you may take 2-4 200mg tablets (over-the-counter variety) every 4-6 hours as needed. For severe pain, take your prescribed medication as directed. Do not take any of the above medications if you are allergic, or have been instructed by your doctor not to take it.

DENTAL HYGIENE

Good oral hygiene is essential to good healing. Warm salt-water rinses (a teaspoon of salt in a cup of warm water) should be used a minimum of 4-5 times a day, especially after meals. While you should be gentle initially with brushing your surgical areas, it is fine to brush your teeth and healing abutments twice daily.

ACTIVITY

Physical activity should be kept to a minimum immediately following surgery. Please do not consider exercising as throbbing or bleeding is likely to occur. Additionally, you are probably not going to be taking normal nourishment at this point, which may weaken you and further limit your ability to exercise. You may resume your normal exercise routine a week after surgery.

PROSTHESIS

Do not use your flipper or essix retainer immediately following surgery. Please allow 5-10 days for healing before using the prosthesis as pressure can result in the wound not healing properly.