



Post-operative Instructions Bone Graft

Postoperative care is important following a surgical procedure and failure to comply with instructions may delay recovery and adversely affect the outcome of treatment

Some swelling, stiffness and discomfort are to be expected after surgery. Inflammation is at its peak between 48 and 72 hours after treatment. After the third day swelling and discomfort will decrease.

The day of the procedure:

- Keep your head elevated and rest quietly.
- Eat only soft foods or liquid meal replacements and be sure to drink plenty of liquids. Do not use a straw.
- Place an ice-pack on the cheek of the treated area for ten minutes followed by a ten minute break (repeat several times during the first 4 hours after treatment).
Note: do not place ice directly on the skin.
- Take your pain and antibiotic medications as prescribed. If you accidentally miss a pill then do NOT double-up the next dose. Take your next dose as soon as possible.
- If you have an adverse reaction to the medication, call us right away.
- Some oozing of blood and discoloration of saliva is to be expected. If bleeding seems excessive apply firm pressure with a moist gauze or wet tea bag for 40 minutes.

Avoid...sucking, rinsing mouth, frequent spitting, smoking, or exercising for 12 hours. Strenuous exercise should be avoided for at least one week.

Pain Medication:

Follow the instructions on the package for dose and timing. If given both Acetaminophen and Ibuprofen, alternate doses every three hours.

Your next dose of pain medication should be taken at _____.

Some **sutures** dissolve on their own while others need to be removed. If ends become loose and dangle in the mouth you may cut the dangling ends with scissors. Do not pull on them.

Do NOT brush the teeth adjacent to the grafted site. Use warm water to brush your remaining teeth and avoid drinks with ice.

From the second day until healing is complete (usually 2 weeks):

- After meals, avoid brushing the teeth near the graft. You may brush the remaining teeth and rinse your mouth gently with warm salt water.
- 30 minutes after brushing in the morning and at night, swish the prescribed mouth-rinse around your mouth for 1 minute and then spit.
- A somewhat soft diet is recommended. Avoid sharp foods such as peanuts, popcorn, nachos, tacos, etc.
- Continue as needed with pain medication.

Emergency Contacts: