

Post Operative Instructions Following Bone Grafting

1. DAY/WEEK OF SURGERY:

- You should take it easy for the rest of the day following the surgery.
- Avoid strenuous activities, sudden movements and bending for 7 days.
- DO NOT sleep on the side of the surgery for 3 months.
- Avoid air travel for 1-2 weeks following bone grafting surgery. Pressure changes may cause bleeding and discomfort.
- You may be ready to return to work one to two days after the surgery.

2. DISCOMFORT & MEDICATIONS:

- Take 400-800mg Ibuprofen (Advil) medication every 6-8 hours for 3 days regardless of pain.
- Please take prescribed medications as directed.
- “WOMEN” Antibiotics may make oral contraceptives less effective and it is recommended that another form of birth control be utilized during this time.
- DO NOT consume alcohol while taking antibiotics or take over the counter medications (unless cleared by your doctor).

3. SWELLING/BRUISING:

- Some swelling and discomfort is to be expected following the surgery.
- Black and blue marks may appear in a concentrated fashion up to the entire side of the eye, face and neck. This is usually not accompanied by significant discomfort and will subside within days.
- To minimize swelling and bruising, apply an ice pack on the face over the surgery site alternating 15min on 15min off for 3-4 hours after the surgery. Dedicate 3-4 hours out of each day for 3 days to icing the area in that alternating schedule.
- Any unusual/large swelling or hot pulsating sensation should be reported to your surgeon.

4. BLEEDING:

- Avoid the use of straws or spitting as this could disrupt the blood clot and cause more bleeding.
- You may notice slight oozing of blood from the surgical site for 1-2 days which is not a major concern.
- If a significant amount of oozing is occurring, apply a damp gauze or wet tea bag to the site and apply pressure for half an hour. If bleeding continues contact your surgeon.

5. ORAL HYGIENE:

- DO NOT brush or floss your teeth the day of your surgery.
- Use the prescribed chlorhexidine rinse (mouthwash) as prescribed (morning and evening) until advised by your surgeon that you can stop.
- Following 48 hours, you may wish to use warm salt water (1/4 to 1/2 tsp table salt to 8 ounces warm water) as a mouth rinse. If bone grafting was done DO NOT rinse with salt water.

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- Brushing and flossing for all other areas than the surgical site can be resumed the day after the surgery. Please do so with caution.

6. SUTURES:

- If "resorbable" sutures were placed they will dissolve between 5-14 days.
- If "non-resorbable" sutures were placed they will be removed between 2-4 weeks.
- DO NOT remove sutures yourself unless told otherwise by your surgeon.

7. NUTRITION:

- A well balanced diet during the immediate post-operative period is essential to healing. Be sure to drink plenty of fluids.
- AVOID hot temperature food/drinks for 48hrs after your surgery as this can contribute to bleeding.
- You should be on a softer diet for the first two week and avoid hard, chewy, fibrous, spicy and acidic foods.
- Caffeine intake should be reduced within the first 24hrs.
- DO NOT chew on the side of the surgery.
- Examples of food you can eat are as follows: Potatoes, eggs, oatmeal, jell-O, yogurt, soft fruit/bananas, pancakes, pudding, ice-cream, fish, milk shakes, soups, noodles, beans, food supplements, cheese, ground-beef, casseroles, rice

8. SMOKING:

- Smoking has a very negative effect on healing and should be avoided for a minimum of 72 hours following the surgery. Ideally, there should be no smoking for the first 2 months.
- The use of chewing tobacco should also be avoided.

9. ADDITIONAL:

- If the gum appears to open up in any area, or if you develop a "gumboil" in the area of surgery, please contact the office to book an appointment as soon as possible
- Please telephone us if you are unsure about whether a problem is occurring.
- Use common sense. If you are not sure about something, please call us.