

## **Bone Grafting Post-Operative Instructions**

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a white-colored membrane covered by sutures. Try to avoid it when eating. If it is a non-resorbable membrane, it will need to be removed by Dr. Nguyen in 3-4 weeks.

Sutures are typically removed in two weeks.

**Graft Material:** Bone graft material commonly is manufactured in particulate form, almost the consistency of sand. Do not be alarmed if you discover occasional loose particles in your mouth even days after your procedure. If the amount of particles seems excessive, call our office.

**Bleeding:** Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please call Dr. Nguyen for further instructions.

**Swelling:** Swelling is a normal occurrence after surgery, as the healing process is taking place. To minimize swelling, apply an ice bag, a plastic bag, or towel filled with ice, on the cheek in the area of surgery. Apply the ice intermittently (20 minutes on and 20 minutes off) for the first 24 hours.

**Diet:** Drink plenty of fluids, especially those with high calories, such as Ensure, milk shake, Boost, etc...(if you are not on strict diet). **DONOT** drink through a straw to prevent a newly formed blood clot from being dislodged from the surgical site, causing unnecessary bleeding. Avoid hot liquids or food. We recommend soft foods or liquids on first day following surgery. You can return to a normal diet over the next few days.

**Pain:** You should begin taking pain medication before you feel the local anesthetic wearing off. Ibuprofen (Advil or Motrin), bought over the counter comes in 200 mg tablets: 3-4 tablets may be taken every 6 hours, as needed for pain. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours, in addition to the ibuprofen. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it.

**Antibiotics:** Be sure to take the prescribed antibiotics as directed to help prevent infection.

**Oral Hygiene:** Good oral hygiene is essential to good healing. The day after surgery, Peridex antibacterial oral rinse should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds, then spit it out. Warm salt water rinses (teaspoon of salt in a cup of warm water) should be used at least 3-4 times a day, as well, especially after meals. Be gentle initially with brushing the surgical areas.

**Activity:** Keep physical activities to a minimum, immediately following surgery, as strenuous exertion will put pressure on the surgical site, causing pain and bleeding. Also avoid placing your head in a position lower than your body.

Wearing your Prosthesis Partial dentures, flippers, or full dentures should not be used immediately after surgery.