

# Bone Grafting

**Do not disturb the site. Avoid smoking, straws, spitting, or touching the site for at least two-weeks. Patients that have or received dentures on the day of surgery should not use any form of denture adhesive until gum tissue is completely healed or otherwise instructed.**

## Bleeding

Some bleeding or redness in the saliva is normal for 24-hours. Moderate to heavy bleeding can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30-minutes or until saturated. Restrict activity. Repeat if necessary. If bleeding continues, please call for further instructions.

## Swelling

The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes, and sides of face is not uncommon. The swelling will not reach its maximum until 2-3 days post-operatively. However, the swelling may be minimized by the immediate use of ice packs. A bag filled with ice can be applied to the side of the face where surgery was performed. After 24-hours, ice has no beneficial effect. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery. 24-hours following surgery, the application of moist heat to the sides of the face is beneficial in reducing the amount of swelling.

## Diet

Drink plenty of fluids. Avoid hot foods/liquids while numb. Soft foods should be eaten on the day of surgery. Return to a normal diet as soon as possible, unless otherwise directed.

## Pain

You should begin taking pain medication before you feel the local anesthetic wearing off. For moderate pain, ibuprofen (Advil or Motrin) 4

200mg tablets may be taken every 8-hours unless allergic to or instructed not to take ibuprofen by another physician. For severe pain, the prescribed medication should be taken as directed. The prescribed pain medicine will make you groggy. Do not drive an automobile or operate machinery. Avoid alcoholic beverages while taking pain medicine.

## Antibiotics

Be sure to take prescribed antibiotics as directed to help prevent infection. Do not discontinue antibiotics. Always finish antibiotics unless an allergic or unusual reaction occurs. Call the office if you have any questions. Some patients are instructed to take a "loading dose" of their prescribed antibiotics the morning of actual surgery. If you were one of those patients, consider those antibiotics as actually one of that day's single dosages.

## Oral Hygiene

Good oral hygiene is essential to good healing. The night of surgery, use the prescribed Peridex Oral Rinse. The day after surgery, the Peridex should be used twice daily. Be sure to rinse for 30-seconds, then spit it out. Warm salt water rinses (1/2 tsp. salt + 8oz. warm water) should be used at least 4-5 times a day. Brush your teeth, not the bone graft. Be gentle when brushing close to surgical sites. It is imperative all rinses are very gentle. Do these gentle rinses for the next 2-weeks. Bone grafts are fragile and easily altered.

## Sutures

Sutures are needed to hold the bone graft(s) in place. Do not remove sutures. The sutures will dissolve in 3-4 weeks time.



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