



EDWARD COLLINS III, DDS, MS ~ WILLIAM L. HULL III, DMD ~ RUSSELL LINMAN, DDS, MD

## INSTRUCTIONS AFTER BONE GRAFT

After a bone graft procedure: Do not disturb the wound. Avoid vigorous rinsing, spitting, or touching the wound on the day of surgery. There may be multiple sutures present at the surgical site. Do not attempt to remove or alter the sutures. If sutures become dislodged, or if you feel strange contours of the surgical site do not panic and call our office for instructions.

**BLEEDING:** Some bleeding or redness in the saliva is normal for 24-48 hours. Excessive should not occur, but can be controlled by biting on a damp gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please call for further instructions.

**SWELLING:** Mild to moderate amount of swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice as much as possible for the first 24 hours.

**DIET:** Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids 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 as soon as you feel the local anesthetic wearing off. For moderate pain, Ibuprofen (Advil or Motrin) may be taken. Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 3-4 hours as needed for pain. 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:** If you're are given antibiotics, be sure to take the prescribed medications as directed to help prevent infection. If you are not given post-operative antibiotics, it is most likely because one was not required or you were given the appropriate intravenous dose during your procedure.

**ORAL HYGIENE:** Good oral hygiene is essential to good healing. The night of surgery, use the prescribed Peridex Oral Rinse before bed. The day after surgery, the Peridex should be used two times 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 4-5 times a day, as well, especially after meals.

**ACTIVITY:** Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

**WEARING YOUR PROSTHESIS:** In some cases partial dentures, Provisionals, or full dentures may not be used immediately after surgery and for at least 10 days. Make sure to receive instruction regarding your temporary appliance from your surgeon following your procedure. If you are unclear of what to do regarding your prosthesis, please call our office.

**SINUS BONE GRAFT:** If you have had a sinus bone graft please note the following additional comments: intermittent bleeding from nose is common. You may experience sinus congestion for as much as 1 week. Do not blow your nose or otherwise create blowing or sucking motion for at least one week following your procedure. These actions would prevent normal healing. If you have to sneeze, do it with your mouth and nose open. If you are given medications such as decongestants or antibiotics, take them as directed.

If, after your procedure, you have any questions or concerns please feel free to contact us at 574-272-8823.