

POST-OPERATIVE INSTRUCTIONS AFTER BONE GRAFT

Activity: return home and rest. No strenuous activity such as lifting or exercising should be performed for approximately 1 to 2 weeks or until specialist says it's okay to resume such activities. You may resume your non-physical activities in approximately 24 hours.

Pain and/or swelling: some swelling and temporary loosening of teeth is to be expected. Applying an ice bag as soon as possible can minimize this condition and pain. Place ice bag on the face and around the surgical site for the first 24 hours, 20 minutes on and 5 minutes off. Do this for the next 3 days. After the third day, the swelling should start to calm down, if it worsens please call your respective doctor. If you do not wish to take narcotics for the pain, you may take 1 Extra Strength Tylenol and 1 600mg of Ibuprofen together.

Medications: aspirin is to be avoided, unless otherwise indicated by your medical doctor. Take medications only as directed. It is recommended to eat, following the proper post-operative surgery diet, prior taking any medication. If there are any questions concerning medications or a change in dosage, call the office. If you get diarrhea due to a medication please call your respective doctor. **KEEP ALL MEDICATIONS OUT OF THE REACH OF CHILDREN.**

Bleeding: some mild bleeding is to be expected from the surgical site during the first 24-48 hours. During this period, do not suck on the wound, expectorate or constantly rinse your mouth. If your own tissue was used for your grafting, there may be bleeding in the roof of your mouth. Bleeding from the roof of your mouth may be controlled by placing a gauze pad or moist tea bag over the area and holding it for 20 minutes at a time. **PERSISTENT AND UNCONTROLLABLE BLEEDING MUST BE INVESTIGATED. DO NOT HESITATE TO CALL THE DOCTOR FOR ADVICE OR HELP.**

Mouth care: do not rinse your mouth today. If you were prescribed Peridex Oral Rinse, please start the day after surgery by gently swishing it in your mouth. If bleeding occurs, stop rinsing. Intake of fluids is encouraged during this period. Attempt to swallow without swishing in the mouth or disturbing the surgical site. Brush your teeth normally on all the areas that were **NOT** surgically treated. **AVOID THE SURGICAL SITE(S)** until given specific instructions at your post-operative visit. You may notice a white film over the surgical site(s), this is completely normal. **Anti-Oxidant Gel:** at your surgical visit you may purchase AO ProVantage Gel. It is a dental antioxidant that is very soothing and promotes healing. The first week after surgery, apply 2 pumps to the surgical site every 3 hours during waking hours, then 3 times per day until your post-operative appointment. Avoid eating or drinking for 30 minutes after application of gel. The doctor will let you know whether you will need the Anti-Oxidant Gel or Peridex Oral Rinse.

Dressing: you MAY have a dressing or a surgical pack over the area that has been treated. This protects the area from discomfort and irritation. If it dislodges and you have discomfort, call the specialist.

Diet: wait approximately 1 to 2 hours before eating except for that which is needed to take the appropriate medications as directed. **A liquid diet (unless otherwise instructed by the doctor) is recommended for 2 weeks or until specialist says it's okay to resume your regular or soft food diet.** Make sure to drink lots of liquids especially water and non-acidic juices. Avoid alcohol, hot, hard, and spicy foods. Avoid using a straw. Adequate nutrition is essential for normal healing. Following surgery your diet should be restricted to cold liquids- yogurt, smoothies, milkshakes, and dietary supplements such as Instant Breakfast or Ensure.

Post-surgical problems: in the event of any complications (fever, infection, breathing difficulty, etc.) and/or questions that may rise, contact the office immediately or call your respective doctor concerning your particular problem.

Prosthetics: do not wear your partial dentures, flippers, or full dentures for several days after surgery unless otherwise instructed or arranged.

Special instructions: if you were under IV Sedation, do not drive for at least 24 hours after surgery. Do not operate heavy machinery. Do not drink alcoholic beverages for at least 24 hours after surgery or after taking pain medications. **DO NOT SMOKE FOR AT LEAST 3 WEEKS AFTER SURGERY. Do not pull lip to visualize, this may rip the sutures the doctor may have used. It is important to not smoke, use a straw or rinse you mouth vigorously. These activities could dislodge the clot and slow down healing. Limiting your activity for the next 24 hours keeps your blood pressure lower, reduces bleeding and helps the healing process.**

In case of an emergency call the office Mondays & Wednesdays 7:00AM-6:00PM, Tuesdays & Thursdays 7:00AM-5:00PM Fridays 7AM-2PM. All other times call the doctor's mobile number.
Dr. Jackson's mobile # 203-321-5078

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