

WHAT TO DO AFTER YOUR BONE GRAFT/AUGMENTATION SURGERY

WHAT TO EXPECT:

Discomfort, bleeding, bruising, and/or swelling is expected after having bone graft/augmentation surgery. Do not be alarmed if you notice excess bone particles come out from the grafted area. This is normal and will not affect the outcome of the procedure.

DISCOMFORT:

To reduce discomfort, take 2 tablets of over-the-counter Tylenol, Motrin, or Advil (avoid Aspirin) before the numbness wears off and repeat every 6 hours as needed to control pain. If necessary, you can alternate Tylenol and Advil every three hours as needed for pain relieve. To avoid nausea, do not take any medications on an empty stomach. If prescribed, take any antibiotic and anti-inflammatory medication as directed to facilitate healing. If you were given a prescription for pain medication, take it as needed for severe discomfort only. Discontinue taking prescription pain medication after a few days or when no longer needed for severe pain and dispose of any remaining pain medication.

BLEEDING:

Some blood will stain your saliva. This is normal. Oozing may be controlled with ice water held (not rinsed) over the surgical site for a few minutes. Avoid strenuous activity and rest upright in a chair to minimize bleeding. If continuous bleeding occurs, place a folded gauze pad or a moistened tea bag on the tongue side of the surgical site and a second one on the cheek side and apply firm pressure with your thumb and index finger for 20 minutes. Repeat as needed. If bleeding persists, call our office.

SWELLING:

Some swelling is expected and will be greatest for the first 48 to 72 hours following surgery. To minimize swelling, place an ice bag on the side of your face, 15 minutes on and 15 minutes off for the first six hours after surgery. If needed, you may continue ice compresses up to 48 hours. If possible, elevated headrest (extra pillow) should be used during the first two nights after surgery. If steroid medication is prescribed, take it as directed. It's very important to finish the prescription as per instructions.

DIET:

For the first 24 hours, you should only take fluids or soft foods. Avoid any hot food. Good suggestions are eggs, ice-cream, yogurts, cool soups and pasta. Drink at least 8 large glasses of water or juice per day for the first few days. Orange or tomato juices are excellent following surgery as Vitamin C aids in healing. Be sure to stick to a nutritious diet during the healing period. Studies show that people who consume well balanced meals are less stressed and therefore less susceptible to pain. Avoid smoking and alcohol.

ORAL HYGEINE:

Keep your teeth as clean as possible. At first, only brush the teeth in the treated area gently but maintain regular brushing routine in other areas of the mouth. The next day, you may start using warm salt-water rinses (1 teaspoon of salt per 8 oz glass water) approximately 3 times a day or after every meal. Continue salt-water rinses for one week or until fully healed. Prescription rinse may be given to aid in healing.

ACTIVITY:

Relax for the rest of the day and avoid any significant physical activity and exercise for the first 48 hours.

IF YOU HAVE ANY QUESTIONS OR EXPERIENCE A PROBLEM, PLEASE CALL US AS SOON AS POSSIBLE.