

# Oral Surgery Center



## **Post-Operative Instructions for Patients following, Bone Grafting Procedures**

### **DIET:**

Only clear, preferably liquid diet should be taken on the day of the surgery. A soft diet should be adhered to during the first two weeks. This will prevent food particles, which could cause infection, from entering the surgical site. After the first two weeks a progression to soft food will be discussed.

### **BLEEDING:**

Some oozing of blood may be expected from the surgical site for the first few hours. Your saliva may be tinged with blood for the remainder of the day. If bleeding becomes persistent, apply direct pressure with a clean gauze pack for ten minutes. If this does not stop the bleeding please contact the office. *Moist tea bag may also be used directly over the wound.*

### **SWELLING:**

Swelling can be minimized by keeping your head elevated, using two pillows when lying down and by using ice packs over the surgical areas at several intervals during the first twenty-four hours.

### **DISCOMFORT:**

Your jaw and lip will remain numb for approximately six hours. You should begin taking the medication prescribed for discomfort while you are still numb to prevent the onset of pain. Anti-Inflammatory medications are helpful to prevent pain and swelling. These are most effective if taken before, during and after surgery.

### **FEVER:**

A slight elevation in temperature is common on the evening of the surgery. However it should not exceed 101 degrees.

### **INFECTION:**

Infections may occur a several days or weeks following surgery. A sudden increase in swelling, throbbing pain, high fever and or a foul tasting drainage may indicate infection. If you suspect an infection, please contact the office as soon as possible. As you may need to be drained.

### **BRUISING:**

Bleeding into the tissue around the jaws results in purplish bruises a few days following surgery. Do not be alarmed. Some patients have more bruising than others. These areas will become yellow as they move toward the neck and shoulders about a week later.

### **SMOKING & ALCOHOL:**

Smoking should be avoided. However, if it is not possible to quit smoking completely, try to severely limit your smoking during the first two weeks. Alcoholic beverages should also be avoided for this time period. Excessive smoking and alcohol consumption will dramatically affect healing.

#### **RINSING:**

Use normal saline rinses (1/2 teaspoon salt with eight ounces warm water) or listerine several times a day and brush three times a day but not in the area of surgery for a week. To make your toothbrush softer, run it under hot water before gently cleaning your surgery sites. **Vigorous rinsing should be avoided for the first twenty-four hours.** For areas unaffected by the surgical procedure, you should continue your normal hygiene, which would include brushing and flossing.

#### **DENTURE WEAR:**

Your denture or partial should not be worn until it has been properly adjusted. The time you will be instructed to refrain from wearing your denture will be determined by the surgeon, and will vary from patient to patient. The success of your procedure will depend on your compliance with this. Whenever dentures or partials are worn, they must be worn for appearance only, not eating and chewing. Chewing on the dentures could cause bone grafting and or implant loss. It could also cause the wound to "open up" subjecting the bone graft to gross contamination from food and oral bacteria which could result in graft infection and or loss.

#### **SPECIFIC INSTRUCTIONS FOR GRAFT SITES & DISTANT DONOR SITES:**

##### **SINUS LIFT GRAFTS:**

These grafts are placed separately or in conjunction with Implants to increase the amount of bone anchorage for the Implants. The bone is placed below the sinus membrane and the bone in the floor of the sinus, but it may at times open through the sinus membrane. Therefore, try to avoid anything that would disturb your sinus lift, smoking, blowing your nose, and holding back sneezes, swimming in a swimming pool or lake/river for at least two weeks. Four to five days after surgery if you have signs of symptoms of a sinus infection like drainage, increased swelling or redness of the face, please contact our office. Always take your medications as directed.

##### **DONOR SITES:**

Bone may be taken from your mouth in areas of the lower jaw or posterior lateral areas of the lower jaw or posterior areas your upper jaw. It may also be taken from a distant site like your hip. Your bone may be used alone or in conjunction with synthetic or naturally derived and processed bone. Regardless of the type or site of origin infection is probably the greatest risk in bone grafting. Therefore protect the bone graft donor site, be it your mouth or hip by keeping it clean and avoiding any strenuous activity for the first seven to ten days. If you experience any drainage or swelling increasing after the first three to four days please contact our office.

#### **PATIENT(S) WHO HAD SEDATION OR GENERAL ANESTHESIA**

Leave with assistance from our office until you get to the car. Then recline the seat in the car. When at home, try to stay reclined or lie down. Standing up or walking around after SEDATION or GENERAL ANESTHESIA, can cause drop in **blood pressure, dizziness, fainting or vomiting.**