

1. Protection of the blood clot and surgical site

Slight bleeding after bone grafting is normal and may last for several hours. If bleeding is excessive then bite gently on folded gauze directly over bleeding area and replace as needed. If there is no active bleeding then leave the gauze out. Sit up or semi-recline. If the donor site (ie hip or knee) is bleeding, lie down and put pressure and cold packs on the site. Avoid spitting, strenuous activity, bending over, sucking through a straw for 24 hours. No smoking or exposure to second hand smoke.

2. Rinsing Rinsing may dislodge the blood clot and interrupt the normal process of healing, so be gentle

Day 1 (Day of surgery - first 24 hours after surgery)

Very gently rinse twice with chlorhexidine rinse.

Day 2 (24 hours after surgery) **until healing is complete.**

- Brush your teeth, 3 times a day, be gentle around the surgical sites.
- Floss teeth. (be careful around surgical site.)
- Rinse gently using a glass of warm salt water (1/2 teaspoon per cup). Repeat rinsing 3 times a day.
- Follow with the chlorhexidine rinse 3 times a day.

3. Care of teeth / Cleanliness and healing

The teeth should be given their usual care. Brush three times a day. A clean mouth will heal faster. Be careful around the operative site, but still clean there. Use a cotton tipped applicator dipped in chlorhexidine to gently clean the surgical site.

4. Swelling / Fever

An ice pack placed on face will be beneficial to help control swelling and bleeding. If extreme swelling occurs or a temperature above 101.5 contact my office.

5. Pain

Some discomfort is normal following oral surgery. If pain medication is prescribed, take only as directed. Often it is beneficial to take the medication after eating to help prevent nausea. Do not drive while using narcotic pain medications.

6. No Smoking or Alcohol

Do not smoke or drink alcohol following oral surgery, until the site is fully healed (approximately 6 weeks). This may cause the disruption of healthy blood clot formation and

increase in complications such as wound breakdown and post-operative infections.

7. Diet

No hot liquids, acidic foods or drinks for the first 72 hours. Eat something when you feel ready. Cool liquids are best to start but avoid sucking through straws. Then, when the numbness starts to wear off, progress to a soft diet but do not chew in the area of the surgery.

8. Injection site

After having intravenous anesthesia, the arm vein may become hardened and tender. Apply moist heat over the area for one hour three times a day for three days. Contact me if there is no improvement

9. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting you may need to stop the pain medications or to take an additional anti-nausea medication.

10. Antibiotics and Contraception

Take antibiotic as prescribed until finished. Contraceptives may be ineffective while taking an antibiotic. Use extra protection.

11. Wearing your Prosthesis

Partial dentures, flippers, or full dentures should not be used immediately after surgery and for at least 10 days unless otherwise specified.

12. If you have a "Perio-Pak" (pink gum)

Over the site, leave in for 48 hours.

13. If you have a clear plastic stent, use for at least 7 days. Keep stent in 24 hours per day, except to clean.

Take stent out five times a day to clean the stent, and to do oral rinses, brushing, flossing, ect.

14. Nose blowing

No nose blowing. Use saline nasal spray 5 times per day and sniff gently. If you have worsening nasal symptoms please call.

15. Care of donor site, if any.

Leave dressing on for at least 48 hours. Do not get wet. Later you may shower but do not use soap over the site. If water gets on the dressing or beneath an occlusive (water proof) dressing, then remove it and call the office for an appointment to redress the wound.

