

# REYNOLDS ORAL & FACIAL SURGERY



## POST OPERATIVE INSTRUCTIONS IMPLANTS/BONE GRAFTS

*If any of these symptoms seem excessive, contact the office.  
Office Phone Answered 24 hours daily*

### 1. Protection of the blood clot and surgical site:

- Slight bleeding after bone grafts 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.
- Avoid spitting, strenuous activity, bending over, sucking through a straw for 24 hours.
- No smoking for at least 48 hours.

### 2. Rinsing:

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

**NO RINSING**

**Day 2-until healing is complete** (Approximately 6 weeks)

- a. **Rinsing may dislodge the blood clot and interrupt the normal process of healing, so be gentle.**
- b. Rinse **very gently** using a glass of warm salt water (1/2 teaspoon per cup). Repeat rinsing 3 times a day.
- c. Brush your teeth, 3 times a day, **be gentle** around the surgical sites.
- d. Floss teeth (be careful around surgical site).
- e. **Never brush the gums.**
- f. **Never brush the membrane**
- g. **Never brush the surgical site**

### 3. Care of teeth / Cleanliness and healing

The teeth should be given their usual care. Brush three times a day. Be careful around the operative site. If the implant is protruding from the gums, use a cotton tipped applicator dipped in chlorhexidine to gently clean the exposed portion of the implant, but don't push the gums back from the implant.

Do not use water pics, electric toothbrushes, toothpicks, plastic instruments or prophy brushes around or on the implant for the first 6 weeks. The gingival attachment to the implant is **NOT** as strong as to a tooth.

### 4. Swelling / Fever / Bruising

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. Wear the jaw bra/face bra as much as possible for at least 4 days to avoid bruising & hematoma formation.

### 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 for 48 hours following oral surgery. 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 24 hours. No carbonated beverages like beer or soda.

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 avoid chewing in the area of the surgery. A soft diet is food you could pinch through with your fingers. Cool pureed diet would be best for the first seven days.

### 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. Sharp bony edges

You may feel hard, sharp areas on the surgical site. Leave it alone never pick at it or scratch it. Notify the office staff on the post-operative check-up.

### 10. 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.

### 11. Antibiotics and Contraception

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

### 12. Wearing your Prosthesis

Stent, partial dentures, flippers, or full dentures should be worn 24/7, immediately after surgery and for at least 10 days unless otherwise specified. Remove three times a day to clean then replace. Continue until gingiva (gums) cover site, and then wear at least 8hrs per day. However if it hurts leave it out & call the office.

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

Over the site, leave in for 48 hours.