

BONE GRAFTING & CONNECTIVE TISSUE GRAFT POST OP INSTRUCTIONS

REST:

- Rest quietly with your head elevated for the remainder of the day.
- Always get up slowly from a reclined position to prevent dizziness.
- Limit physical activity for the first 24 hours and avoid excessive exertion for the first 72 hours.
- Healing will occur much faster with rest.

ICE:

- As soon as possible, place an ice pack on your face over the surgical area; 20 minutes on and 10 minutes off.
- Use the ice pack for the first day following surgery. This will contribute to your comfort and minimize swelling.

HEAT

- Heat may be applied 3 days following surgery for added comfort.

MEDICATION:

- You should begin taking your pain medication BEFORE numbness wears off.
- If an antibiotic was prescribed, take it as directed until it is ALL GONE.
- Some pain medications may cause lightheadedness. Lying down will help this.
- Some medications may cause an upset stomach. Taking these with food will lessen the side effect.

BLEEDING:

- Some seepage of blood is expected; however extensive bleeding should not occur. If such bleeding should occur, apply firm pressure with a moist gauze or moist teabag to the area for 20 minutes. If the bleeding does not subside please call our office.

MOUTH CARE:

- Avoid rinsing, spilling or sucking through a straw for 72 hours after surgery. Blood is clotting and this will disturb the healing process. NO CARBONATED BEVERAGES FOR ONE WEEK (7 DAYS).
- After 72 hours, gently rinse with warm salt water.
- You may begin to brush the NON-SURGICAL areas the day following surgery, but DO NOT USE TOOTHPASTE FOR THE FIRST WEEK (7 DAYS). It is okay to use mouthwash on your toothbrush.
- Do not touch the surgical sites for the first week; you could dislodge the tissue and compromise the success of the graft.
- Do not pull your lip away to view the graft site.

EATING:

- Do not eat on the surgical side or area for several weeks.
- Eat softer food for the first week such as pasta, eggs, fish, yogurt, soup, pudding, and soft cooked vegetables.
- Avoid extremes; very hot, very cold, or acidic food. Do not eat hard crunch foods such as popcorn, seeds, nuts, or chips for the first month after surgery.
- Maintain a balanced diet.

FLUIDS:

- Fluids should be consumed as soon as possible. It is recommended that you drink 6-8 glasses of water during the day following surgery.
- Avoid using a straw as it may cause suction, which may loosen the blood clot and cause bleeding and possible loss of graft.

ALCOHOL/ASPIRIN:

- DO NOT CONSUME ALCOHOL WHILE ON THE PAIN MEDICATION.
- Avoid alcohol and aspirin for 2 days after surgery. These are blood thinners and may cause bleeding, delaying the healing process.

SMOKING:

- We strongly advise NOT SMOKING after surgery. Smoking delays the healing, increases discomfort, and may encourage bleeding and infection in the surgical site.

If you have any questions or concerns, please call us!

Office: 920-983-8383

After Hours Emergency: 920-366-0959