

## Bone Graft Postoperative Instructions



Thank you for entrusting Bellevue Oral and Maxillofacial Surgery with your care. You have now taken the first steps down the exciting path of replacing your missing tooth or teeth with future dental implants. It is our desire that your recovery be as smooth as possible. Following these instructions will assist your recovery.

### Care of the Surgery Site

Bite down gently but firmly on the gauze packs that have been placed over the surgical site(s). If active bleeding persists after one hour, fold new gauze in a tight roll and place so biting applies pressure directly over the surgical site for another hour. Alternatively, a moist green-teabag can be used in the area of bleeding by biting down firmly for one hour. Minor bleeding may be present for 24-48 hours. Keep finger and tongue away from the surgical site(s) if possible. There may be a metal healing abutment protruding through your gum tissues. Avoid smoking after surgery to optimize healing and minimize risk of bone graft failure. Sutures that may have been placed will dissolve after 5-10 days, but should not be cause for concern if they fall out earlier.

### Pain

For mild discomfort take acetaminophen (Tylenol) or ibuprofen (Motrin/Advil) as directed on the bottle. For moderate to severe pain use the prescription given to you and take as directed on the bottle. You may find better pain control if you take your first pain pill before the local anesthetic wears off.

### Swelling

Some swelling may occur and should not be cause for concern. Apply ice bags to the side of the face for the first 24 hours (20-minutes on and 10-minutes off) to help minimize the amount of swelling. Ice should be discontinued 24 hours after surgery. The greatest swelling will peak 36-72 hours after surgery and then should gradually subside.

### Diet

While still numb from anesthetic, avoid chewing as you could bite your lip, cheek, or tongue; and avoid hot temperature as you could burn your mouth. Soft foods are most desirable for the first 2-3 days after surgery. Avoid such foods as nuts, sunflower seeds, popcorn that may become lodged into the bone graft surgical site(s). Avoid chewing hard or sticky foods on near the bone graft site(s). Chewing forces on the incision during the healing period can decrease the body's ability to heal. Please avoid chewing on the bone graft site(s) until instructed to by Dr. Smith.

### Oral Hygiene

Keeping your mouth clean after surgery is essential to proper healing. Use the mouth rinse directed by Dr. Smith starting the evening of your surgery. Continue your regular tooth brushing starting the day after surgery, but be careful not to disturb the surgical site(s). Do not smoke or use smokeless tobacco as this significantly inhibit healing of the bone graft.

### **Antibiotics**

If antibiotics are prescribed, please take them as directed

### **Activity**

It is important to rest the day of your procedure. If you were sedated, avoid driving or operating any machinery for 24 hours after surgery. Avoid strenuous activity for 48 hours as this will increase blood pressure and may cause the surgical site to bleed.

### **When to Call the Office**

- Fever over 101.5 degrees that occurs more than 24 hours after the procedure
- Severe, bright red bleeding that you cannot control
- Severe, hard swelling that is not improving after one week
- Prolonged severe pain that is not relieved after the pain medication
- Rash, difficulty breathing, or severe vomiting
- Loss of graft material or direct visualization of the graft

### **Prescription Refill Request**

Prescription refill requests for narcotics pain relievers must be made during normal business hours as you will be required to pick up a new handwritten prescription. Government regulation prohibit the calling-in or faxing of these prescriptions.

### **How to Contact Us**

If you have questions, please call our office at 402-933-9009 during the hours of 8:00AM - 4:30 PM Monday-Thursday and 8:00 AM- 2:30 PM Friday. In case of emergency, nights, weekends, and holidays there is a doctor on call at 402-933-9009.