

Post-Operative Instructions Following Placement of Bone Graft

ACTIVITY

- Rest as much as possible for the next 24 hours. Refrain from strenuous activity for two weeks.
- Avoid lying flat for the rest of the day. Sleep with your head elevated for the next four days.
- If you had IV sedation: Do NOT drive, operate heavy machinery, use power tools, or sign legal documents for 24 hours.
- Avoid nose blowing, using straws, and smoking for two weeks.

BLEEDING

- Gauze packs are placed over the bone graft site(s) to help control bleeding. Bite lightly on the gauze and expect mild oozing for the first 24 hours. It is normal to have some bloody saliva for the next few days.
 - After 45 minutes, remove the gauze and check the site(s). If bleeding persists, replace the gauze and apply light pressure directly over the area.
 - Continue checking every hour. Once bleeding has stopped, you do not need to replace the gauze.

STITCHES

- Stitches are in place and will dissolve on their own within 7 to 14 days. Avoid picking or pulling at stitches. If they are bothering you, contact the office.

SWELLING

- Swelling peaks on days 2 and 3 and should gradually improve.
- Use an ice pack on the affected side as much as possible for the next 24 hours:
 - 30 minutes on, 30 minutes off (avoid icing while sleeping).
- After 48 hours, switch to moist heat for comfort.
- If you have dentures or a prosthesis, do not remove them unless instructed, as they help reduce swelling.

PAIN MANAGEMENT

- Pain will likely increase over the first few days, with peak discomfort on days 2 and 3.
- Start taking Ibuprofen or Acetaminophen within 2-3 hours after surgery. Continue every 6 hours for the next 3-4 days to help with pain and swelling. Alternate between the narcotic and Ibuprofen/Acetaminophen every 3 hours.
- For severe pain, take the narcotic pain medication between doses of Ibuprofen or Acetaminophen—do not take them together. Do not drive or operate machinery while taking narcotic pain medication.
- Always take pain medication with food to prevent nausea.

DIET

- Stick to cold & soft foods on the day of surgery (pudding, applesauce, yogurt, milkshakes, etc.).
- If possible, chew on the untreated side for the next six weeks.
- Drink plenty of fluids, but do not use a straw for 14 days.
- Maintain a soft diet for the next six weeks (e.g., lukewarm soup, mashed potatoes, yogurt, smoothies).
- Boost, Ensure, or Carnation Instant Breakfast are great options to keep up nutrition and energy.
- Avoid hot foods and drinks for 24 hours, as they can increase bleeding and may burn your numb mouth.
- Avoid hard, crunchy foods (nuts, seeds, popcorn) for three weeks.
- Do not smoke.
- Avoid alcohol for 24 hours after surgery or while taking pain medication.

ORAL HYGIENE

- Do not rinse or brush your teeth today. Starting tomorrow, gently rinse with the prescribed antibacterial mouth rinse 3-4 times a day for one week. Gently brush your teeth, avoiding the surgical site, unless otherwise directed by your doctor.
- Do not vigorously rinse, swish, or spit for the next week.

IMPORTANT

- If prescribed an antibiotic, take it as directed until completion.

For any concerns, contact our office at: (708) 942-8154