



Patient Instructions for Bone Graft Procedures

What to expect following surgery:

- **BLEEDING:** Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed for 24 hours following the procedure.
- **PAIN:** Moderate discomfort may be noticed when the anesthetic first wears off, and may continue for several days.
- **SWELLING:** Some swelling and discoloration (bruising) of the lip and/or cheek may occur and may last for a few days.
- **SENSATION:** There may be a temporary loss of feeling in the gums/lip/cheek/teeth in the operated area. The teeth may also feel loose for a time. The teeth may be sensitive to hot and cold temperatures. If you notice this loss of sensation the day after your appointment, call our office immediately.

What to do following the surgery:

- **ACTIVITY:** After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.
- **PAIN:** If pain medication is prescribed, take it as you need it. Don't exceed the dosage on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescriptions pain medications.
- **NAUSEA:** This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.
- **SWELLING:** Applying an ice bag to the face over the operated area will minimize swelling. Apply 15 for minutes, then remove for 15 minutes. Continue this for the first day.
- **DIET:** Eat soft foods for the first 2-4 days. Maintain a good, balanced diet. Drink plenty of water. Do not drink through a straw. Avoid alcohol for 48 hours. Avoid chewing directly over the operated area until the sutures are removed.
- **BUSHING:** Brush all your teeth after each meal. Avoid the operated area for the first day. After this you may brush your teeth gently, but avoid the area of surgery for 3 days.
- **RINSING:** Do not rinse vigorously. Do not use a Waterpik. A saltwater solution (1/2 teaspoon salt + 8 ounces warm water) held in your mouth for 2-3 minutes every hour may make your mouth more comfortable.



- **SINUS:** If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for 1 week. Use of a decongestant medication might be recommended.
- **SMOKING:** Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body.
- **ANIBIOTICS:** If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for 2 months.
- Avoid lifting the lip with your fingers to look at the area. Avoid rubbing the area with your tongue. It is possible to accidentally tear the sutures, open the incision, and delay healing.
- After a few days you will feel fine and can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for two to three days persistent numbness, or a reaction to the medication, call the office immediately at (704) 542-7552.