

Instructions after Extraction/Bone Replacement Graft Surgery

1. Take all medications as directed. Drink plenty of fluids and eat soft foods prior to taking any pain medications. This will help prevent nausea, an upset stomach, and expedite the medication's effects. Avoid drinking alcohol, using heavy machinery, and driving while on medication.
2. It is not unusual for swelling to occur after surgery. ICE should be applied as quickly as possible to the treated areas. You have been provided with an ice pack. Apply the ice over the outside cheek for 5 minutes then off for 10 minutes, and then repeat this as often as possible. Continue ice application the DAY OF AND the DAY AFTER surgery. If swelling and/or bruising continue to occur after the 48 hour post-op period, apply a warm moist compress to the area. A slight (oozing) amount of blood is not unusual for the first 24-48 hours after surgery. Avoid spitting and the use of a straw to drink as the suction action disrupts the natural clotting process. If bleeding is excessive or continuous, do not rinse. When resting, elevate your head with additional pillows to reduce swelling. Often, physical activity can stimulate bleeding. You may apply moist gauze or a caffeinated tea bag over the area maintaining firm pressure for 20 minutes. You may GENTLY rinse out your mouth with warm saltwater rinses: mix 1 teaspoon of salt into a glass of warm water. Rinse 3-6 times a day for the first 24-48 hours after surgery. Please follow instructions for rinsing with Peridex/Chlorhexadine prescription as well: let solution sit on surgical site for 1 min- do not swish for the first 48 hours.
3. DO NOT brush or floss the area(s) for 2 weeks following the surgery, THIS IS VERY IMPORTANT! You may brush the rest of your teeth with a manual toothbrush, not an electric.
4. Get plenty of REST. Do not exercise for the first week after surgery as the heart rate will increase and thus bleeding will increase.
5. Adequate nutrition is essential for your comfort and for normal healing. Eating can prevent nausea associated with certain medications. A high protein, soft diet is desirable with plenty of fluids especially water and milk following surgery. Please see the soft foods list. Please avoid hot, spicy, or acidic foods for the first 48 hours after surgery.
6. Please do not smoke for at least 3 days after surgery. Smoking is the number one factor in causing pain and delayed healing. Consider using a nicotine patch.
7. Do not consume alcoholic beverages until the healing process is complete or while you are taking medication.
8. IF SURGERY HAS BEEN COMPLETED IN THE UPPER JAW AVOID BLOWING YOUR NOSE OR SNIFFING HARD FOR 2 WEEKS.
9. Do not bite down in the area of the bone graft, this may delay healing. Avoid eating coarse, crisp, or chewy foods for 1 week. IT IS NOT UNUSUAL FOR SOME BONE PARTICLES (they look like grits) TO FLOAT AWAY FROM SURGERY SITE.
10. Sutures will resorb/dissolve in 2-3weeks or may come out on their own. If sutures have been in for a couple weeks and are still present, you can remove sutures on your own if bothersome or may come back in to have the Doctor evaluate and/or remove sutures if necessary.