

## Post-Procedure Instructions for Bone Grafts

\*Please read BOTH SIDES of this sheet carefully.\*

Placement of dental implants is a significant procedure. It is very important that you follow these instructions to optimize your recovery and avoid any unnecessary pain, swelling and complications with infection. Please call our office at 480-279-5949 to clarify any questions you may have.

The first 2 days after surgery are generally the most uncomfortable and there is usually some swelling. On the 3<sup>rd</sup> day, you should be more comfortable, although still swollen. **The remainder of the post-procedure recovery should be a gradual, steady improvement.** If this is not the case, call our office.

### Day One (Day of Procedure)

**General Care:** Do not disturb the treatment area with your tongue or toothbrush. Do not suck through a straw for the first week. We recommend that you **DO NOT SMOKE**. Smoking increases the risk of the bone graft failing in the future. If you choose to smoke, wait to smoke for one week following your procedure.

**Bleeding/Oozing:** Intermittent bleeding or oozing is normal. Bleeding may be controlled by placing fresh gauze over the treatment area(s) and biting on the gauze for 2-3 hours at a time. Bite down gently, but firmly on the gauze packs. Make sure they remain in place, and do not change the gauze for the first hour unless the bleeding is not controlled. The gauze may be gently removed after one hour. Continue this process until the bleeding stops. Once bleeding stops, it is not necessary to continue biting on the gauze.

Bleeding should never be severe. If so, it usually means that the packs are being clenched between teeth only and are not exerting pressure. Try repositioning the packs to ensure pressure is over the treatment site. If bleeding persists or becomes heavy you may **substitute a tea bag for the gauze**. Soak the tea bag in hot water for a few minutes, squeeze the tea bag and then damp-dry it and wrap it in moist gauze for 20-30 minutes. If bleeding remains uncontrolled, please call our office or Dr. Wilson.

**Food:** If you eat regularly you will feel better, gain strength, have less discomfort, and heal faster. Please confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.). Avoid extremely hot foods and **DO NOT USE A STRAW**. Consuming non-alcoholic liquids will help prevent dehydration. Alcohol and carbonated beverages should be avoided during the first week. AVOID all of these foods during the healing process: nuts, popcorn, chips, sunflower seeds, sticky candy, hard candy, gum and meats that require a lot of chewing.

### Medications:

- *Antibiotics:* A two week supply of antibiotics will be part of your post-operative instructions. It is essential that you finish the entire prescription as directed, on time, every time, with no skipping doses, to prevent any infections. Antibiotics can potentially decrease the effectiveness of birth control pills for an entire cycle.
- *Pain Medication:* You will be given a prescription for pain medication. Take this as needed for pain. You may also substitute ibuprofen if a lesser strength of pain medication is needed. **If you take the first pill before the anesthetic has worn off, you should be able to better manage any discomfort.** The stronger pain medicine may cause nausea, but if you precede each pain pill with food, chances for nausea will be reduced. Remember that the most severe pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen. **If you are still in a lot of discomfort after taking the prescribed pain medication, please call our office.**
- *Peridex Oral Rinse:* Do not start the Peridex Oral Rinse today. Begin the oral rinse on day two.

**Swelling:** Swelling is normal after bone grafts. It can be minimized by using a cold pack, ice bag or a bag of frozen peas, wrapped in a towel and applied to the cheek adjacent to the bone graft area. This should be applied for 20 minutes on and for 20 minutes off.

**Physical Exertion or Exercise:** This should be avoided for the first 7 days, as it may result in increased bleeding.

**Oral Hygiene:** You should maintain a clean mouth to ensure proper healing. You may brush your teeth, but avoid the area of the bone graft.

## Day Two

Continue with instructions for Day One.

### Medications:

- *Antibiotics:* Continue taking the antibiotic.
- *Pain Medication:* As pain decreases, you may substitute ibuprofen for the prescribed pain medication. If you are still in a lot of discomfort after taking the prescribed pain medication, please call our office.
- *Peridex Oral Rinse:* This is a medicated mouth rinse that should be used until your first follow up appointment with Dr. Wilson. Use it twice a day, morning and evening, starting on the day after your procedure.

**Oral Hygiene:** Continue brushing your mouth and take care to avoid the bone graft site(s).

After you eat, rinse with a salt-water solution. Use ¼ teaspoon of salt dissolved in an 8oz. glass of warm water and gently rinse with portions of the solution, taking 5 minutes to use the entire glass. Do this for one week.

## Day Three

**Food:** Beginning on the third day, you may eat more solid foods such as mashed potatoes, oatmeal, rice, pasta, and well cooked vegetables. Foods that you can “smash with a fork” are excellent soft foods to help maintain diet and implant healing. Avoid foods such as nuts, sunflower seeds, popcorn, etc., which may get lodged in the treated areas. Over the next few days you may gradually progress to solid foods. Continue to avoid alcoholic and carbonated beverages for at least one week following your implant placement. Do not use a straw for one week following your procedure.

### Medications:

- *Antibiotics:* Continue taking the antibiotic until the prescription is finished.
- *Pain Medication:* You still may have some discomfort, although less severe. If you are still taking the prescribed pain medication, try substituting with an over-the-counter analgesic, such as ibuprofen. Take the ibuprofen until no longer needed for pain.
- *Peridex Oral Rinse:* Continue using Peridex Oral Rinse until your follow-up appointment with Dr. Wilson.

**Oral Hygiene:** Continue brushing your mouth and take care to avoid the treatment area. Do not brush the treatment area until Dr. Wilson instructs you that it is OK.

Continue rinsing with the salt-water solution after you eat. Do this until one week after your implant placement.

## Miscellaneous Information

**Nausea:** Nausea occasionally occurs after a bone graft. Frequently, pain medications are the cause. This can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a large volume of water. If this is not helping the nausea, please contact our office or Dr. Wilson to help manage this symptom.

**Sutures:** Sometimes sutures may be placed around the bone graft site. Occasionally they may become dislodged; this is no cause for alarm. Just remove the suture from your mouth and discard it. The sutures will dissolve in about 10-14 days.

**Our desire is for your recovery to be as smooth as possible. These instructions should help you with the care and management required following your procedure. If Dr. Wilson has given you any specific instructions in regards to your bone graft, please follow his instructions carefully. If you have any questions about your progress, please do not hesitate to call the office or to call Dr. Wilson's cell phone, and we will be happy to assist you.**