



DAVID KAHN DMD | MATTHEW KAHN DDS

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POST-OP INSTRUCTIONS BONE GRAFT

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 the day of or morning after the procedure.
- **Pain:** Moderate discomfort may be noticed when the anesthetic first wears off, and may continue for several days.
- **Swelling:** Some swelling and or/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 and/or teeth in the operated area.
- **Sand-like grit:** You may feel start to feel some of the bone graft particles in your mouth 4-5 days after surgery. This is normal and to be expected.

What to do following the surgery:

- After leaving the office, rest and avoid strenuous activities for the remainder of the day. Activities that elevate your blood pressure can increase risk of bleeding.
- Avoid aspirin as a pain relievers if you are going to take over the counter analgesics. Aspirin is an anticoagulant that can increase your risk of bleeding.
- If pain medication is prescribed, take it as you need it. Do not exceed the dose 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 pain medications.
- Nausea 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
- Applying an ice bag to the face over the operated area will help minimize swelling. Apply for 15 minutes, then remove for 15 minuets. Continue as needed.
- Eat soft foods for the first 48 hours following surgery. Pieces of crunchy foods can get lodged in the surgical site, increasing the risk of infection. Maintain a good, balanced diet. Drink plenty of water. Do not drink through a straw as it can increase the risk of bleeding. Avoid alcohol for 48 hours.
- Avoid chewing directly over the operated area until the sutures are removed.
- Brush your teeth after each meal, but avoid the operated area for the **first 24 hours** following surgery. Take care to avoid pulling the sutures.
- Do not use an electric water flosser.
- A saltwater solutions ($\frac{1}{2}$ tsp. salt + $\frac{1}{2}$ tsp. baking soda + 8 ounces warm water) held in your mouth for 2-3 minutes every hour may make your mouth more comfortable.



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- If your sinus is involved in the procedure you should avoid blowing your nose or playing a wind musical instrument for one week. If you have to sneeze, do so with your mouth open. Use of decongestant medications might be recommended
- Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette chemicals in your body
- 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 two months.
- You may be instructed to use a prescription antimicrobial mouth rinse.
- Return to your dentist's office for removal of the sutures or follow-up checks as directed.

Please call LI Sound Dental Solutions if you have:

- Uncontrollable pain
- Excessive or severe bleeding
- Marked fever
- Excessive warm swelling occurring a few days after the procedure
- Reactions to medications, especially rash, itching or breathing problems

Following these instructions very closely will greatly help your comfort and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort and the success of the procedure may be affected.