



# East York Dental Centre

## **POSTOPERATIVE INSTRUCTIONS FOLLOWING BONE GRAFTING SURGERY**

1. Avoid all dairy and milk products for 72 hours after surgery.
2. Please use an antibacterial rinse as prescribed. (*Please note the mouth rinse may stain your teeth but the stain is completely reversible*).
3. **DO NOT SMOKE FOR A MINIMUM OF 5 DAYS AFTER BONE GRAFTING SURGERY.**
4. **SWELLING, DISCOMFORT AND RESTRICTED JAW FUNCTION ARE EXPECTED AFTER ORAL AND MAXILLOFACIAL SURGERY.** These may be minimized by following these instructions:

**BLEEDING CONTROL:** When you get home, wash hands thoroughly and remove gauze. Slight bleeding is expected and desirable. If bleeding is excessive, place a roll of sterile gauze over the wound and bite firmly for 45 minutes to one hour with constant pressure. Assume a semi-upright bed position with 2 pillows and apply an ice pack. Repeat if necessary. Oozing may occur over the next several days.

**SWELLING CONTROL:** Apply an ice pack to the jaw immediately upon your return home following surgery. Continue this during the first 72 hours (three days). Dissolving ice chips in the mouth will thin the saliva, keep the surgery site cold and help reduce the swelling.

**DISCOMFORT CONTROL:** You have been given a prescription for pain. Take one tablet when the numbness fades. Food should always be taken before taking the medication, preferably a carbonated drink, saltine crackers, dry toast and/or clear liquids (Jell-O, clear soup broth). If you develop hives or a rash from any of the medications, discontinue medication and call this office.

**NAUSEA:** Take small portions of a carbonated drink (e.g. 7-up, Ginger Ale) every hour, for three or four hours. This will usually terminate nausea. Soda crackers, tea, bouillon, Jell-O, dry toast or clear soups are suggested also. **AVOID ALL MILK AND DAIRY PRODUCTS AS LONG AS NAUSEA IS PRESENT.** If nausea persists, please call this office.

**DIET:** Protein is necessary for proper tissue production and healing; therefore we suggest a high protein soft diet. Increase your fluid intake to at least four 8- ounce glasses per day, but do not use a straw. Gradually increase your diet to solid foods. **DO NOT SKIP MEALS. THIS IS NOT A TIME TO DIET.** If you take nourishment regularly you will feel better, gain strength, have less discomfort and promote healing.

**ORAL HYGIENE:** 24 hours after surgery dissolve one level teaspoon one level tablespoon of salt in an 8-ounce glass of warm water. Rinse 3 times a day for the next week. Beginning on the day of surgery, teeth should be cleaned with a soft bristle brush. A moistened cotton ball may be used to clean soft tissues adjacent to the teeth. Avoid the surgical area.

Avoid over fatigue – get plenty of rest.

If sutures have been placed, they will dissolve by themselves. This process may take from three to ten days.