

Name \_\_\_\_\_

## Ocoee Oral Surgery

### Instructions for Bone Grafting Procedures

(423) 479-8544

These are your post-surgery instructions. Please follow carefully and call us if you have any questions or problems. Our concern for you does not stop after your surgery is finished.

#### Day 1 (Day of Surgery)

- Keep head elevated, either in a recliner or elevated on several pillows in bed.
- Do not drive a vehicle, work, or operate heavy equipment for 24 hours.
- Apply ice packs to the surgery area for approximately 7 hours, alternating 20 minutes on each side to minimize swelling.
- Leave initial gauze in place for a minimum 90 minutes. Apply constant firm pressure - do not chew. It is not unusual to need to replace this gauze; however, each new gauze should be moistened and be left in place with firm pressure for a minimum of 2 hours until bleeding is controlled. Take out to drink.
- If bleeding is not controlled, a tea bag may be used in place of gauze. Place an ice pack over the face in this area. Remain quiet, lying with head elevated or sit upright. If bleeding cannot be brought within normal limits, call our office.
- If not allergic to ibuprofen, take one 600mg tablet every 6 hours (as prescribed). This is regardless of pain level, but is for the anti-inflammatory properties of the medication. If allergic, take 1 extra-strength Tylenol three times a day. Prescribed pain medication should be taken as needed.
- Liquids only. Take care not to bite lip or cheek while numb. Avoid carbonated drinks and do not use a straw. Avoid alcoholic beverages.
- **Do not smoke. Smoking is the #1 cause of graft failure and pain following surgery.** It leads to irritation of the surgical site, causing severe pain and poor healing.
- Do not rinse mouth or spit today.
- An episode of nausea and vomiting is not uncommon on the day of surgery. If this becomes excessive or continues tomorrow, please call. Stay on liquid diet until stomach has settled.
- If an immediate denture is inserted, do not remove it for 24 hours. Then rinse very carefully with warm salt water, clean the denture and re-insert it.

#### Day 2

- Do not use ice packs on the surgery area.
- A pureed diet can begin today. Take ibuprofen every 6 hours.
- **Do not smoke.** Avoid alcoholic beverages.
- Clean area around graft with Q-tips and mouth rinse.
- No rinsing mouth or spitting.

#### Day 3-5

- **Do not smoke.**
- A soft diet can begin today. Try and chew on side opposite of grafted area.
- Take ibuprofen three times a day.
- Clean area around graft with Q-tips and mouth rinse.
- No rinsing mouth or spitting.

#### Day 6-14

- Same instructions as "Day 3-5" except ibuprofen should only be taken as needed for soreness.

Caretaker's signature \_\_\_\_\_ Date \_\_\_\_\_

*"I am providing transportation for the patient after surgery and will remain at the office during the entire surgery."*