



## POST OPERATIVE INSTRUCTIONS FOLLOWING DENTAL BONE GRAFTS

- 1. DO NOT rinse with warm salt water for 24 hours after surgery.** After 24 hours, **gently** rinse with 1/2 teaspoon salt dissolved in 1 cup warm water for 30 seconds, 2-3 times a day for a few days or as needed for comfort. Avoid vigorously rinsing or spitting for 3-5 days. Absolutely NO WATER PIKS!  
Dr. Holliday may give you a prescription rinse containing chlorhexidine, an antibacterial medicine to assist in the healing and keep the site healthy. Make sure that you get rid of any toothpaste residue prior to rinsing and then DO NOT eat or drink for 30 minutes after rinsing. This will maximize the potency of the medication.
- 2. Resorbable sutures should dissolve in 7-10 days.** If they become loose and annoying before then, call the office to have them possibly removed. The graft is movable for several days...do not apply pressure to the sight, play with the sutures or try to remove them yourself. If you have non-resorbable sutures, you will have to return to the office for removal.
- 3. You may find some small granules in your mouth for the first several days.** Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth.
- 3. Some degree of discomfort and pain arises as numbness subsides.** At the first sign of pain or discomfort, take Advil and/or Tylenol. Do not take if you are allergic to either. If the pain you are having, is not controlled by the Advil, Tylenol or similar OTC medications, you may take a prescribed pain medicine.
- 4. DO NOT DISTURB THE AREA OF SURGERY.** The graft is movable for several days post surgery. Allowing the tissues to rest undisturbed assists the healing process. Avoid vigorous chewing, excessive spitting, or aggressive rinsing. If you routinely use a Water Pik, avoid doing so during the healing phase. Initial healing may be delayed, active bleeding restarted, or infection introduced.
- 5. Expect minor bleeding or oozing.** If bleeding persists, continue pressure on a fresh gauze for an additional 30 minutes to an hour. Biting on a moist teabag wrapped in gauze may help control persistent oozing from the surgical site. Tea contains tannic acid, which helps promote blood clotting.
- 6. Firm pressure for 15-30 minutes usually controls the problem.** If you check too frequently, (every few minutes), the blood clot will not form properly and bleeding will continue. Should active bleeding persist, please call the office or Dr. Holliday.
- 7. LIMIT PHYSICAL ACTIVITY** during the first 24-48 hours after surgery. Over exertion may lead to postoperative bleeding and discomfort. When you lie down keep your head elevated on a pillow. You may wish to place a towel on your pillowcase to avoid staining from any blood-tainted saliva.
- 8. PAIN FOLLOWING ORAL SURGERY** may be most severe within the first 6-8 hours after the operation. Please do not drink alcoholic beverages while taking prescription medication. Do not wait for the pain to become unbearable before using some form of pain medication, as then it will be more difficult to control. Moderate to severe pain usually does not last longer than 48 hours. And mild discomfort usually diminishes after the third day. Please contact us if you experience prolonged severe pain so that we can help make you more comfortable.
- 9. SWELLING RELATED TO THE SURGICAL PROCEDURE** may occur following certain types of procedures. An ice pack should be placed on the side of your face for 10 minutes then taken off for 10 minutes and repeated. Anti-inflammatory medications, such as Advil, also help decrease swelling.
- 10. FLUID INTAKE IS IMPORTANT.** Clear beverages, ginger ale, Seven-up, or Sprite, water, teas, soda, broth, soups, or juices are all suitable. Avoid any alcoholic beverages for **at least** 48 hours. Avoid hot liquids until the numbness has worn off, and the bleeding has stopped. Drink plenty of fluids. **AVOID USING A STRAW FOR SEVERAL DAYS.** It may dislodge the blood clot and delay healing.

11. **FOOD SELECTION.** Soft foods are best the first few days post surgery. Avoid abrasive or crunchy foods for several days.

**DO NOT EAT ANY POPCORN, POPPY SEEDS, SESAME SEEDS OR SEEDED FRUITS. THEY CAN GET STUCK AND CAUSE INFECTION!**

12. **Take the antibiotic you have been prescribed as directed.** It is important to take the antibiotics to completion. If you are given antibiotics and take birth control pills, you should be aware that the birth control may become ineffective, therefore take appropriate precautions.

13. **Take any regularly scheduled medication (for diabetes, high blood pressure, etc.) on your regular schedule** unless advised to do otherwise.

14. **AVOID SMOKING COMPLETELY,** as it tends to delay healing and interfere with regeneration

**If you have any problems or any questions, please contact our office immediately at 423-756-4448.**