

## POST OPERATIVE INSTRUCTIONS FOR BONE GRAFT SURGERY

The following is a list of general instructions for your care following your bone grafting surgery. Please read them carefully several times as most of your questions should be answered in the surgery.

Remember, **care of the mouth after surgery has an important effect on healing.**

Depending on the extent, nature and the location of the surgery, swelling, discomfort, slight oozing of blood and restricted jaw movement should be expected.

Carefully following these instructions should help you get the best results from your procedure.

### How can I care for my mouth on the day after bone grafting surgery?

- ✓ Do not rinse, swab your mouth or brush your teeth on the day after bone grafting surgery
- ✓ **Starting the following day after your surgery, rinse your mouth gently for at least 1 minute with the supplied Chlorhexidine mouthwash 4-5 times daily until your first post-operative appointment**
- ✓ Do not pull on lips or cheeks to view the surgical site. This can open the surgical site and retard healing
- ✓ Avoid smoking, alcohol or drinking through a straw, as these may disrupt the healing, promote bleeding or pain

### Can I brush my teeth following bone grafting surgery?

- ✓ You may resume routine brushing the following day BUT avoid the surgical site
- ✓ Be careful when you brush the rest of the mouth, please do not disturb the surgical area

### What happens if I have bleeding?

- ✓ It is not unusual to have slight oozing for 24 hours and periodic break-through bleeding for 10 days after an oral surgery procedure. A drop or two of blood mixed with saliva may seem like more blood than there really is
- ✓ Avoid spitting or rinsing your mouth on the day of the surgery

### Will the surgical site be swollen?

- ✓ You may experience swelling after surgery. The swelling peaks in appearance in 2-3 days and takes up to a week to 10 days to return to normal. Applying ice packs for the first 24 hours, with 20 minutes on and off intervals and elevating your head may help decrease swelling. If you experience swelling several weeks after your surgery, please make an appointment to contact us
- ✓ Sleep with a couple of extra pillows to keep your head elevated at night for the first three nights after surgery

### **Am I going to have discomfort following bone grafting surgery?**

- ✓ A certain amount of discomfort must be expected with any surgery and medication usually will be given to you to make feel comfortable

### **Can I eat and drink as normal after the bone grafting surgery?**

- ✓ Avoid eating until numbness is worn out. Eat whatever is comfortable. You may require soft or liquidated foods for 2-7 days. Avoid foods that require hard chewing. It is very important to maintain good dietary intake.

### **Can I carry on my daily activities?**

- ✓ You should rest as much as possible for at least 24 hours after bone grafting surgery

### **Do I need antibiotics?**

- ✓ You may be prescribed antibiotics depending on the surgery. It is very important that your antibiotics (if prescribed) be taken as directed until all are used to prevent the possibility of infection. If you develop an adverse reaction (rash or itching), discontinue the antibiotic and contact us immediately

### **I am wearing dentures. Can I continue wearing my dentures following bone grafting surgery?**

- ✓ If you wear a complete or partial denture, it is very important to follow the instructions regarding its use after surgery. It is best not to wear your denture for up to a week after surgery. Your denture will need modification before wearing is resumed

### **What will happen to my stitches?**

- ✓ Stitches are placed to close the surgical site. You should not disturb the surgical area. Sutures are usually removed after 1 week after surgery

### **Is smoking bad for bone grafting?**

- ✓ Today it's known that smokers have a higher risk to fail bone grafting surgery than non-smokers. Irritants from smoking affect the normal healing of the gum and bone tissues of the mouth

### **What if I had a bone graft and/or guided bone regeneration?**

- ✓ If you have had a bone graft, it is important to prevent any kind of pressure on the grafts. If the graft becomes exposed, or you are concerned, contact us to schedule an appointment

**If you have any concerns (severe pain, swelling), please call us on 0207 580 4200 or 0743 653 4235 or email: [smile@specialistdentalservices.com](mailto:smile@specialistdentalservices.com)**