

Post-Operative Instructions Following Bone Graft Surgery

- **IMPORTANT** note to patients following GENERAL ANESTHESIA. You are considered impaired for 24 hours. **DO NOT** operate a motor vehicle or make important decisions during this time frame. No consumption of alcohol or drugs while taking the prescribed medications.
- **SMOKING** should be avoided for at least 14 days post operatively. It is the primary cause of delayed wound healing and infection.
- **BRUSH YOUR TEETH.** This is critical post operatively to MINIMIZE PAIN and INFECTION. Brush at least after every meal for 7 days. The cleaner you keep your mouth, the more comfortable you will be. You may use a small baby toothbrush with soft bristles and either warm water or toothpaste. Keep the brush on the teeth. If you bump into one of the dissolving sutures (stitches) you will not do any harm.
- **MOUTH WASH** – you might be prescribed a medicated oral rinse (chlorhexidine 0.12%) that you will begin to use 24 hours post operatively. DO NOT use products such as Scope or Listerine. Warm salt water may be used in replacement of the chlorhexidine (1/4 teaspoon of salt dissolved in 250ml of warm water). The most frequent you rinse with salt water, the better.
- **SWELLING** is completely normal and expected. It will peak 2-5 days post operatively then begin to subside. This may extend under the chin and down the neck. Ice packs are helpful on the cheek (20 minutes on/20 minutes off) on the first post-operative day. Warm packs will be beneficial starting on day 2 post surgery.
- **PAIN** – Following surgery, some pain is normal and expected. Take the prescription pain medication as you feel necessary, not exceeding the daily maximum dose. Over the counter Tylenol or Advil can be just as helpful. Medications will be discussed this with you.
- **BLEEDING** – A small amount of bleeding is normal after the surgery. You will have dissolving sutures (stitches) along the gum line that will fall out after 5-7 days. If the bone graft was placed into the top jaw(maxilla) or air sinus, a small nosebleed (spotting on a Kleenex) is normal for up to 2 days. Do not put any objects into the nose to stop the bleeding. **NO BENDING OVER OR BLOWING NOSE FOR 2 WEEKS – the graft can be damaged or lost.**
- **DIET** – Cold fluids are recommended for the first 2-3 days. Smoothies, protein shakes, ice cream or yogurt are good options. You may then progress your diet as you are comfortable. Food that is easily cut with a fork (fish, pasta, eggs) may be trialed, eventually working your way back to a normal diet as quickly as you are comfortable. Let your knife and fork do the chewing for you. Lots of small bites will make any meal manageable.
- **BRUISING** – May occur post operatively and can extend from the face, beneath the chin and onto the chest/breast. This is normal and should not cause alarm. It will resolve within 7-10 days.

***If you have any questions or concerns, please call our office at (204) 779-7779.
If our office is closed, please go to the emergency room at the nearest hospital.***