**INSTRUCTIONS FOR BONEGRAFT/IMPLANT SURGERY**

1. Increase your fluid intake following surgery and maintain a soft diet. If you have difficulty drinking fluids or swallowing contact the office.
2. Do not wear your dentures unless otherwise told by your doctor. Pressure from the denture can cause the sutures to loosen and disturb the healing implants.
3. Do not pull on your lip to examine the surgical site. The incision may open which can jeopardize the bone graft or implant and delay healing.
4. Do no smoke for at least two weeks after surgery. Smoking will delay healing and contribute to a greater risk of graft and/or implant failure. Use the nicotine patch as directed if needed. You may also receive a prescription for Zyban (bupropion) to help prevent smoking. Ask the doctor if you need these anti-smoking medications.
5. Do not brush your teeth in the operated area until the sutures are removed (one to two weeks). Starting the day after surgery you may gently brush your teeth in areas distant from the surgical site. Rinse your toothbrush under hot water to soften the bristles and avoid vigorous rinsing. Gentle rinsing with Peridex (chlorhexadine) will help clean the treated area. To make the salt water rinse, mix one teaspoon of salt with half a glass of warm tap water.
6. Please limit your physical activity following surgery. You should be able to resume light activity in a day or two. Avoid physical exercise or strenuous activity for at least one week.

**Sinus Graft Surgery**

* Avoid rinsing vigorously (ballooning your cheeks) or spitting until the sutures are removed.
* Do no blow your nose or sneeze. Sneeze with your mouth open if you have to. You may experience some bleeding from the nose. If you feel congested, the doctor may recommend an over the counter nasal spray such as Afrin and decongestants such as Sudafed tablets. Do not use the nasal spray for more than 3 days.

**Bleeding – Gauze pressure 1 hour**

Slight bleeding for a number of hours following surgery is not unusual. Your saliva may be tinged with blood for up to 48 hours. If heavy bleeding is still present a few hours after surgery, moisten a wash cloth or a tea bag and place it over the area applying pressure for 45 minutes. Repeat this if necessary. Holding small amounts of ice water in your mouth will usually stop any slight oozing. If there is excessive bleeding the day of or continual bleeding the day after surgery, call for instructions. It would be best to sleep with an older pillow or pillow case as there may be some oozing throughout the night.

**Pain – worst on 4th day**

You will probably have pain in the area the day of and a few days following surgery. Take your prescribed pain medication after surgery even if you do not feel pain. It is easier to prevent pain that decrease it. Take pain medication when you arrive home and every 6 hours for the next 24 hours, then as needed. Do not drive or operate machinery when taking narcotic medications such as Vicodin (hydrocodone) or Percocet (oxycodone). Limit your activity the first few days after surgery. Trying to do too much too fast can increase the swelling which increases your pain.

**Swelling – Ice today and alternate ice/heat tomorrow 20 min on/off with head elevated**

To minimize swelling, a cold pack should be intermittently applied to the face next to the operated area (use crushed ice in zip-loc bags or a bag of frozen peas and wrapped in a paper towel). Keep the cold pack on for 10 minutes, then off for 10 minutes. Repeat this sequence for 4 to 6 hours the day of surgery. Bed rest immediately after surgery with your head elevated by a pillow is also recommended. By limiting your activity the day of surgery, you will significantly limit the degree of swelling. Swelling usually peaks 3-4 days after surgery and may persist for several days. There may be numbness associated with the swelling. Fair skinned patients or those who bruise easily may anticipate some discoloration of the skin over the area. If the swelling is severe and/or you feel feverish as well, please call. It may be helpful to apply Vaseline to your lips to keep them moist.

**Instructions for diet following bone graft or implant surgery**

Drink plenty of cool fluids after surgery such as water and fruit juice. Avoid carbonated beverages (soda) and very hot foods or drinks for at least two days. A soft non- chewing diet is recommended for two weeks after surgery to allow the gum tissue to heal. It is also advisable to avoid acidic foods such as tomatoes, peppers, or citrus fruits and highly seasoned foods that irritate the mouth. You may resume easting these foods in a few weeks after the mouth sutures are removed.

After the sutures are removed from your mouth it is still important not to disturb the area so that the bone graft or implants may fuse to your jaw bone. Do not eat with your dentures or removable teeth. We realize that you may occasionally be in social situations that you will want to wear your dentures. If you occasionally need to eat a meal with the denture in place, choose a diet that is soft and does not require much chewing. If you need to use your denture for eating more than once a week please discuss this with your doctor.

Patients that maintain a good diet of soft foods generally feel better, have less discomfort, and heal better. A nutritious diet throughout the healing period is important to your comfort, temperament, and healing. Chop food in smaller pieces or use a blender to puree. A daily multiple vitamin and calcium supplement (ie. Citrical) are also recommended. Food supplements such as Metrecal, Nutrament, Ensure, Enrich, Sego, Carnation Instant Breakfast, etc. may be helpful. Also avoid foods that may cause trauma to the gums such as popcorn, chips, nuts, shells, or grits

Breakfast

Apple juice, water, milk, coffee, tea. Yogurt, cooked cereals such as oatmeal or cream of

wheat. Scrambled eggs, cottage cheese, milk, toast, or applesauce.

Lunch and Dinner

Home cooked broth, bouillon, soups. Ground beef, baked or broiled fish, broiled or

Stewed chicken (finely chopped) Macaroni and cheese, scrambled eggs, bread softened

with gravy. Baked or mashed potatoes. Asparagus , peas, carrots, lima beans, string

beams (all mashed). Cottage cheese, canned Bartlett pears. Jell-O, puddings, pound

cake. Milkshakes and ice cream.

**NOTIFY THE DOCTOR IF ANY OF THE FOLLOWING OCCUR:**

1. If the pain or swelling increases after 5 days (it should be decreasing).
2. If the sutures become loose or dislodged before 3 days.
3. If you have any signs which may indicate a drug reaction or allergy such as itching, hives, rash, or difficulty breathing.
4. You develop a fever or body temperature becomes higher than 100 degrees F taken orally.
5. Numbness persists three days after surgery.
6. Pain in your jaws is not relieved by the prescribed medication
7. If you have any difficulty swallowing or breathing
8. If you have persistent nausea or pain that prevents drinking adequate fluids.

**Office Phone: (478) 971-7701**

**Medications For Your Surgery**

**Antibiotics:** Please take your prescribed antibiotic until you are out of pills in order to prevent or eliminate the infection

**\_\_\_** Amoxil (amoxicillin)

\_\_\_ Cleocin (clindamycin)

\_\_\_ Keflex (cephalexin)

\_\_\_ Flagyl (Metronidazole)

\_\_\_ Augmentin (amoxicillin and clavulanate)

\_\_\_ Pen VK (Penicillin V Potassium)

\_\_\_ Peridex (Chlorhexidine Gluconate 0.12%) oral rinse

 CAUTION: Brush and floss your teeth thoroughly before using peridex rinse. Drink only clear liquids for up to 1.5hrs after using peridex rinse, otherwise you risk staining your teeth

**Pain Medicine:** Please take only as needed for pain. We recommend following our dosing schedule at least 3-4 days after surgery because that is when most post-operative pain/swelling occurs. You do not have to take these pills until gone. Try not to separate more than 6 hours in between taking your pain meds. If you are having minimal discomfort, you may switch to over the counter pain relievers. Avoid aspirin as it may increase bleeding and slow healing.

\_\_\_ Motrin (Ibuprofen) – anti-inflammatory. This will help with pain along with swelling. We recommend you

take this even you are not hurting so as to help reduce and prevent swelling.

\_\_\_ Hydrocodone/APAP or Percocet (oxycodone/APAP) or Tylenol #3 (acetaminophen/codeine)

This is to help with pain management. When these medications are combined with Motrin they have a higher effect on pain relief than when taken alone. They also already contain Tylenol(acetaminophen). Please do not supplement your medications with any over the counter acetaminophen or you risk permanent liver damage. Do not drive or operative heavy machinery while taking.

 \_\_\_ Medrol Dose Pack - This is a steroid pack to reduce pain and swelling. Take as directed on package.

**Medication dosing instructions:**

**Day of Surgery:**

**Take your medication as soon as possible**.

Your anesthetic will wear off in a few hours and it is best to already have taken your medicine before it wears off in order to prevent any “break out” pain.

**Suggested** **dosing schedule for days following surgery:**

**Day of Surgery :**

Have your prescriptions filled as soon as possible. Your anesthetic will wear off in a few hours and it is best to already have taken your medicine before it wears off in order to prevent any “break out” pain.

 After gauze pressure for 1 hour. Eat something and then begin medication

 Begin/resume your antibiotic if given

**Level 1 pain management:**

Take Ibuprofen (Motrin 600mg) wait 3 hours then take over the counter extra strength Tylenol(Acetaminophen

500mg) and alternate the 2 medications every 3 hours.

**Peridex or warm salt mouth water rinse:** Beginning \_\_\_ hours after surgery gently rinse and spit with ½ capful after brushing your teeth for at least 2 weeks

**Level 2 pain management if needed (day 3-4):**

Take Ibuprofen (Motrin 600mg) wait 3 hours then take the Hydrocodone/APAP and alternate the 2 medications every 3 hours.

Do NOT take Tylenol(Acetaminophen) while taking Hydrocodone/APAP.

If you still have moderate to severe pain after your surgery then call the doctor. Do not drive or operate heavy machinery if you are taking the prescribed pain medication. If you develop a rash, notify the doctor. If you develop difficulty breathing seek emergency medical treatment.