

WHAT TO DO AFTER BONE GRAFTING SURGERY

1. Take all medications **as directed**. Our recommendation for pain relief is 600mg ibuprofen (3 Advil) with 500mg Tylenol (1 Extra Strength) every 6 hours as needed for up to 3 days. In addition, you can take 65 - 100mg caffeine morning and evening with the above to maximize efficacy (1 cup of coffee or tea or over the counter caffeine pill).
2. Apply ice packs to face, if directed, 15 – 20 minutes each hour for the first three hours after the procedure.
3. You may follow your regular daily activities, avoiding excessive exertion of any type for the first 24 hours.
4. For the first 24 hours, try to avoid rinsing, spitting or drinking liquids through a straw. These actions may cause bleeding. Beginning the day after your surgical procedure, rinse with Listerine™ twice daily as it has been shown to improve healing. You may also rinse with warm salt water or other mouth rinse after meals to aid in keeping the surgical site free from food debris.
5. You may brush and floss all your teeth normally, **except** for the surgical area. **Do not** brush or floss this area until instructed to do so (usually after the stitches are removed).
6. Chloraseptic™ held in the mouth for 30 – 60 seconds will relieve soreness. Any mouthwash will diminish odors.
7. Occasionally, blood stains in the saliva may be expected. If there is considerable bleeding, take a piece of gauze or a moist tea bag (not herbal tea) and form it in the shape of a "U"; hold it between thumb and index finger, and apply to both sides of the surgical area with light pressure for 15 – 20 minutes. You may need to repeat this procedure more than once.
8. Some degree of swelling may occur. This may not be noticed until 24 hours after surgery. Usually, this swelling begins to reduce after an additional 48 hours.
9. If possible, do not eat on the surgical side for the first 24 – 48 hours. Take liquids and/or semi-solid foods (fish, chicken, pasta, rice, eggs, yogurt, etc.) for the first day. **Please eat**. Nourishment is important for healing.
10. **Listen to your body!! Call if you have any questions or concerns.**