PACIFIC ORAL SURGERY

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INSTRUCTIONS FOR PATIENTS FOLLOWING BONE GRAFTING

These instructions are intended to assist you with your recovery process.

1) Keep fingers and tongue away from the surgical site(s). Avoid pulling on the lips or cheek to inspect the surgical site(s).
2) Do not spit or rinse for 24 hours, as this can disturb the surgery site(s) and cause bleeding and pain.
3) Oral hygiene is important to ensure appropriate healing. Begin gently rinsing the day after your procedure, using warm salt water (1/4 teaspoon salt in 1 cup/250ml of warm water). You may begin gently brushing your teeth with a soft toothbrush the day after your procedure, but be careful for the first week.
4) A fever may develop within 48 hours after your surgery and can be treated by Tylenol or Advil.
5) Stitches will self-dissolve after 7-14 days. Do not be alarmed if the stitches fall out sooner.
6) Smoking slows the healing process and can increase the risk of complications. Avoid smoking for 7 days after your procedure.
7) Bone graft stability is critical for proper healing of your bone graft. The most critical part of the healing period is the first 3 weeks.

Bleeding: Oozing from the site(s) is normal for 3-4 hours after your procedure. **Avoid rinsing and spitting for 24 hours. Avoid sucking on straws, hot liquids/food, and exercise or strenuous activity for 1 week**. Small amounts of blood mixed with saliva is normal for a day or two after your surgery. If you have excessive bleeding (your mouth is actively filling with bright red blood), look in the mouth to locate the source and place a folded moist gauze or moist black tea bag over the area. Apply constant firm pressure (do not talk or chew on the gauze) for at least 30-45 minutes while sitting quietly. This may need to be repeated 3 times. If bleeding continues to persist, contact Dr. Bikey. Do not sleep with gauze in your mouth.

Swelling/bruising: Swelling will usually peak 2-3 days after surgery. **Application of ice packs to the outside of your face for 24-36 hours after your surgery (20 minutes on and 20 minutes off) and keeping your head elevated (head above heart) will help**. After 3 days, use of warm-moist heat will usually help resolve swelling faster. Pronounced bruising is normal, especially with age and if taking blood thinners.

Pain: **Pain will often increase for the first 3 days after surgery and then gradually subside.** You may experience pain in the first week following your surgery. Take your pain medication as directed, if you were given a prescription. Otherwise, you may use Advil or Tylenol as needed (provided you have no allergies/sensitivities to these drugs and follow the instructions on the bottle). Narcotic pain medication may cause constipation, which can be relieved by over-the-counter stool softeners, if needed. If you have pain that is uncontrolled by the pain medication, then contact our office. If you develop a reaction to any medication prescribed, stop the medication immediately and contact our office.

Diet: Avoid hot liquids/food for 1 week (warm or cold liquids/foods are fine). **Avoid sucking on straws for 1 week.** Begin with fluids (water, ginger ale, electrolyte sport drinks, soup broth) the day of your procedure and then progress to soft foods. **Avoid eating seeds, nuts, chips/popcorn, rice, and anything that could get stuck in the surgical site(s) for at least 1 week**. **Avoid chewing on the bone graft site as this may result in infection or loss of the bone graft.** Jaw stiffness can occur and may last a few weeks, if you experience this avoid hard/crunchy/chewy foods during this time and use warm moist heat along the jaw with massage.

Difficulty in normal calorie/nutrient or fluid intake can occur, which can result in fatigue, dehydration, and headaches. Do your best to maintain adequate fluid and protein intake.

Oral Hygiene: **Avoid brushing, rinsing and spitting for 24 hours after your procedure**. You may rinse gently with warm salt water (1/4 teaspoon salt in 1 cup/250ml of warm water) the day after your procedure; rinsing after every meal is recommended. Brushing with a soft toothbrush can be done carefully the day after as well, but avoid hitting the surgical site(s). Normal brushing, rinsing and spitting can be done a week after your procedure. Avoid use of a Water-Pik and an electric toothbrush near the bone graft site until seeing Dr. Bikey for follow-up.

Activity: **Avoid exercise and strenuous activity for 1 week**. After 1 week use your discretion and listen to your body. It's best not to compare your healing rate to others, as this places unnecessary extra stress on yourself. Returning to school or work depends on the degree of pain and demands of your job.

Medications: You may take any regular prescription medication(s) that you normally take, unless otherwise directed by Dr. Bikey. Do not operate a vehicle/heavy machinery if you are using an opiate/narcotic pain medication. Do not consume alcohol if you are using an opiate/narcotic pain medication or antibiotics. If given a prescription for antibiotics, finish the entire course as directed unless you develop an adverse reaction, then immediately stop the antibiotic and contact our office.

Sedation: If you were given any sedation, you must not operate a vehicle/heavy machinery for 24 hours after your surgery. Do not consume alcohol or recreational drugs for 24 hours after your sedation. Taking prescribed opiate/narcotic pain medication after sedation is safe, but you may want to start with a lower dose of the opiate/narcotic pain medication.

Nausea: It is not unusual to have nausea after surgery; it can be associated with the sedation or post-operative medications you were given. Over-the-counter Gravol can help and maintaining a bland and light diet. If your nausea persists, you may need to stop your post-operative medications and contact our office for further advice.

Sinus graft: If you required a sinus lift, avoid blowing your nose, smoking, sucking on a straw, or rinsing vigorously for 2 weeks, as this can disturb the area. Also, avoid sneezing or if you must sneeze then have your mouth open when sneezing. Take your antibiotic as prescribed until finished. Over the counter sinus decongestants can be used to decrease nasal congestion. It is not unusual to have minor nose bleeding after a sinus graft; contact our office if you encounter this.

If you experience an emergency during office hours, please contact the office at 250-900-9232. For an after-hours emergency, please contact Dr. Bikey at 250-880-8059.