

Post-operative Instructions: Bone Graft

The following instructions outline your day-by-day recovery following placement of a bone graft.

FIRST DAY

- On the car ride home, keep the gauze in your mouth that we placed following surgery.
- When you get home, remove the gauze and eat a small meal and 2-3 glasses of water. Take your first dose of pain medication and antibiotics (if given by your doctor) at this time.
- Each meal should consist of bland, soft foods that do not require chewing. Your lips and tongue will be numb and can be traumatized by hot foods and vigorous chewing.
- Following your first meal, place a new damp piece of gauze over the extraction sites only if there is continued bleeding. If there is no bleeding, no gauze is needed.
- You should be eating 5-6 small meals per day and drinking 2-3 glasses of juice and/or water per hour.



- Place ice over your cheeks and leave in place for 30 minutes, then remove for 30 minutes, and then replace the ice again. Continue for the entire day.
- Get plenty of rest. Plan on resting with your head elevated on 2 or 3 pillows.
- Place Vaseline on your lips if they are dry.
- Gently brush with warm water (avoid toothpaste) and rinse with warm salt water. Do not spit – allow the rinse to drip out of your mouth and then wipe off your lips.
- Start taking the antibiotics.

SECOND DAY

- You will likely still be swollen and have mild to moderate pain.
- Start a soft food diet (any food you can cut with a fork). Continue drinking plenty of fluids.
- Continue oral hygiene care similar to day 1.
- Take your medication as prescribed.
- Avoid vigorous activity that elevates your heart rate.

THIRD, FOURTH, FIFTH and SIXTH DAY

- You will likely still be swollen and have mild to moderate pain.
- Advance your diet as tolerated.
- You may start brushing with toothpaste, flossing and using over the counter mouth rinse. Continue to avoid vigorous rinsing, sucking or spitting.

SEVENTH DAY

- Swelling may be present, but will be significantly decreased. It may take up to 2 weeks for all the swelling to resolve.
- Return to normal diet and activity as tolerated.
- Start the Peridex/Chlorhexidine rinse today and use it for 1 week.



AFTER THE 7th DAY

- Use the syringe to irrigate out the lower extraction sockets (the upper sockets do not need to be irrigated). Use tap water or a 50/50% mix of tap water and mouthrinse three times per day until food is no longer caught back in the area (may take up to 1-2 months after surgery).



If you do not already have a two week follow up visit scheduled, please call the ENT clinic at (801) 213-4500 or (801) 587-8368 for an appointment.

TO STOP EXCESSIVE BLEEDING:

- Apply damp (*not soaked*) gauze over the extraction site(s) and bite down with firm but gentle pressure for 30 minutes
- Check for bleeding
- If continued bleeding, replace with a new piece of damp gauze and hold pressure for 30 – 60 minutes
- Check for bleeding
- If bleeding continues, place a wet teabag over each extraction site and bite down for 30 minutes
- Check for bleeding
- Repeat with a new teabag one more time.
- If excessive bleeding continues, call the doctor for further instructions **(801) 647-7908 (Dr. Williams' cell phone).**
- *Normal conditions for the first 72 hours after surgery:*
 - Swelling of the cheeks
 - Difficulty opening the mouth
 - Mild sore throat or slight earache
 - Tenderness of the teeth near the extraction site
 - A temperature of up to 101°F
 - Dry lips or cracking of the corners of the mouth
 - A small bruise or mild pain may develop at the IV site
 - Mild oozing/bleeding from the extraction sites
 - A small nosebleed that resolves with pressure
- *AVOID the following activities:*
 - Sucking, spitting or rinsing vigorously for the first 3 days
 - Smoking or tobacco use for the first week
 - If you must use a straw to drink, avoid viscous fluids like a thick milkshake – only gently use a straw with clear, thin liquids
- *CALL THE OFFICE if the following symptoms occur:*
 - Bleeding that does not stop with pressure or is completely soaking the gauze and filling up the mouth with blood within minutes
 - Nausea and vomiting that has persisted for more than 24 hours
 - Severe pain that interrupts sleeping, eating and restful recovery
 - Extreme, severe swelling that involved the neck and affects breathing
 - Fever greater than 101°F that persists for longer than 72 hours
 - A rash on the skin that occurs after taking the medication or eating any foods
 - Numbness to the lower lip, chin and tongue that persists for longer than 24 hours

ADDITIONAL INSTRUCTIONS FROM YOUR DOCTOR: