



ADVANCED AESTHETIC CENTER FOR
ORAL AND MAXILLOFACIAL SURGERY

POSTOPERATIVE PATIENT INSTRUCTIONS FOLLOWING BONE GRAFT SURGERY

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WE URGE YOU TO FOLLOW THE ADVICE BELOW VERY CAREFULLY IN ORDER TO MAXIMIZE THE BENEFIT OF YOUR SURGICAL OUTCOME AND RECUPERATE AS QUICKLY AS POSSIBLE WITH THE LEAST AMOUNT OF DIFFICULTY.

INSTRUCTIONS

1. PLACE ICE ON THE FACE FOR THE FIRST FORTY EIGHT (48) HOURS [30 MINUTES ON - 30 MINUTES OFF] AS MUCH AS POSSIBLE. EXPECT SOME SWELLING, DISCOMFORT OR PAIN AND SOME BRUISING MIGHT OCCUR ALTHOUGH RARE. THE SWELLING PEAKS IN TWO (2) DAYS, AND DURING THIS TIME IS WHEN THE ICE IS MOST EFFECTIVE. USE IT. IF YOUR EYES SWELL SHUT, PLEASE CALL OUR OFFICE AT THE PHONE NUMBER ABOVE.
2. **No smoking** FOR AT LEAST FORTY EIGHT (48) HOURS; THE LESS YOU SMOKE THE BETTER! THE CHEMICALS AND THE HEAT FROM THE SMOKE CAN CREATE A WOUND OPENING AT THE INCISION, AND POTENTIALLY CAUSE THE GRAFT TO GET INFECTED AND FAIL.
3. TAKE THE MEDICATIONS THE DOCTOR HAS GIVEN YOU FOR INFECTION, PAIN, SWELLING AND BRUISING AS INDICATED. YOU MAY WISH TO USE AN OVER THE COUNTER PAIN MEDICATION LIKE TYLENOL[®], ADVIL[®] OR ALLEVE[®]. PREFERABLY, USE ONLY TYLENOL[®] THE DAY OF SURGERY TO AVOID FURTHER BLEEDING WHICH IS MORE LIKELY TO OCCUR WITH THE OTHER PAIN MEDICATIONS.
4. DO NOT BE ALARMED BY THE PRESENCE OF BONE GRANULES (GRAFTING MATERIAL.) SOME DRAINAGE IS COMMON AND NORMAL FROM THE SURGICAL SITE IN THE MOUTH FOR ABOUT THREE (3) TO FIVE (5) DAYS.
5. AVOID RINSING, SPITTING, DRINKING THROUGH A STRAW AND ALCOHOL MOUTH WASHES FOR THE FIRST TWENTY FOUR (24) HOURS AS IT MAY PREMATURELY DISSOLVE THE BLOOD CLOT(S). A GENTLE RINSING WITH WARM SALT WATER [ONE HALF (1/2) TABLESPOON OF SALT DISSOLVED IN A LARGE DRINKING GLASS - 8 OZ.] AFTER EACH MEAL AND AT BEDTIME IS IMPORTANT AFTER THE FIRST TWENTY FOUR (24) HOURS. A PLASTIC, CURVED TIPPED SYRINGE WAS PROVIDED TO YOU TO HELP YOU RINSE THE SURGICAL SITE(S) EASIER; USE IT! MAKE SURE YOU PLACE THE TIP OF THE SYRINGE OVER SURGICAL SITE AND FLUSH GENTLY. DO NOT USE A WATER-PIK[™]. A PRESCRIPTION ANTIMICROBIAL RINSE (PERIDEX[®] OR PERIOGARD[®]) MIGHT BE PRESCRIBED FOR YOU; USE AS SPECIFIED BY THE INSTRUCTIONS ON THE BOTTLE, AND START THE DAY FOLLOWING SURGERY ALONG WITH YOUR REGULAR SALT RINSES. AFTER SEVENTY TWO (72) HOURS A MORE VIGOROUS RINSING IS ENCOURAGED. RINSING SHOULD BE DONE AFTER ANY EATING AND AT BEDTIME FOR AT LEAST TWO WEEKS. COMMERCIAL MOUTH WASHES LIKE LISTERINE[®] OR SCOPE[®] CAN BE USED AFTER TWENTY FOUR (24) HOURS AS LONG AS THEY DO NOT STING THE SURGICAL SITE.
6. AVOID FOR THREE (3) DAYS THE AREA OF SURGERY WHERE THE STITCHES ARE LOCATED; THEN START BRUSHING SOFTLY THE TEETH IN THIS AREA. BRUSH YOUR TEETH GENTLY WITH A SOFT TOOTHBRUSH ON THE CHEWING SURFACES AND ON THE SIDE OF THE ROOF OF YOUR MOUTH ONLY.
7. IF YOU ARE WEARING A FULL DENTURE, TEMPORARY DENTURE (I.E. FLIPPER) OR BRIDGE THE DOCTOR WILL INSTRUCT YOU AS TO WHEN YOU CAN PLACE IT BACK IN YOUR MOUTH. DO NOT APPLY PRESSURE WITH YOUR TONGUE OR FINGERS TO THE GRAFTED AREA, IT IS MOVABLE DURING THE HEALING PHASE. DO NOT PULL OR LIFT THE LIP TIGHTLY TO LOOK AT THE SUTURES, IT CAN CAUSE DAMAGE TO THE WOUND SITE AND TEAR THE SUTURES. AVOID SMILING, GRINNING, AND EXCESSIVE FACIAL MOVEMENTS FOR ONE WEEK. THE TISSUES ARE TIGHT FROM THE SWELLING, AND THIS COULD POSSIBLY CAUSE PAIN AND OPEN THE WOUND AS WELL.
8. SOFT COLD FOODS FOR THE FIRST TWENTY FOUR (24) HOURS. EAT ON THE OPPOSITE SIDE OF WHERE THE GRAFTING WAS DONE IF THE SURGERY WAS NOT DONE BILATERALLY. ADVANCE YOUR DIET AS TOLERATED. AVOID FOODS THAT REQUIRE PROLONGED CHEWING; THESE MIGHT HURT. OTHERWISE, YOUR DIET HAS NO RESTRICTIONS.
9. AVOID EXTREME PHYSICAL ACTIVITY FOR TWO (2) TO THREE (3) DAYS. OBTAIN MORE REST THAN YOU USUALLY GET AND AVOID EXERTION, INCLUDING ATHLETIC ACTIVITIES AND INTERCOURSE. IF YOUR ARE TAKING PAIN KILLERS YOU SHOULD NOT DRIVE, WORK OUT, EXERCISE OR PLAY SPORTS.