

Board Certified Oral & Maxillofacial Surgeon

### Dental Implant and/or Bone Graft Post-Operative Instructions

**First Hour:** Bite down gently but firmly on the gauze that has been placed over the surgical site. Maintain firm pressure on the gauze for the first half hour. After 30 minutes, the gauze may be removed. If active bleeding persists, place a new gauze over the site and maintain pressure for an additional 30 minutes, then continue as necessary (typically every 30 to 45 minutes). It is normal for there to be trace amounts of blood in your saliva or oozing from the site for the first 24 to 48 hours, if there is no active bleeding from the site, you do not have to continue with the gauze. Bleeding should never be severe. If there is an excessive amount of blood in your mouth, or it remains uncontrollable, you should contact our office immediately.

**Hygiene:** Do not disturb the surgical area today. Avoid spitting out or brushing your teeth today. Once bleeding has stopped, gently rinse your mouth out with Peridex. Do **not** rinse too vigorously or probe the area with any objects. **Please do not smoke** for at least 48 hours following surgery. You may resume brushing the next day, but be sure to be very gentle around the surgical site.

**Swelling:** There may be some swelling and possible bruising associated with surgery. It can be minimized by applying a cold ice pack to the cheek adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 24 hours after surgery. **The peak of the swelling will usually occur the 2<sup>nd</sup> of 3<sup>rd</sup> postoperative day.**

**Medication:** If you are given antibiotics, you can start taking them as directed. Take the medication as directed for pain relief. It is best to take the first dose as soon as possible, before the anesthetic has worn off. Do not take any medication on an empty stomach. Some patients find that stronger pain medication causes nausea; this may be reduced if taken with food. The effects of pain medications vary widely among individuals. Remember that the most severe pain is usually within six hours after the local anesthetic wears off: after that you may reevaluate your medication dosage. **If you find that you are taking large amounts of pain medication at frequent intervals, please call our office.**

**Diet:** Remove the gauze before eating. For the first day you should maintain a soft diet (soups, mashed potatoes, pudding, yogurt, milkshakes, smoothies, etc.). You can progress to solid food and a regular diet as tolerated.

**Activity:** Once you are no longer taking the opioid pain medication, you may resume your normal activities as you feel up to it. Go easy at first with exercise and increase slowly over several days back to your normal routine.

You may also experience some gritty, sand-like texture in your mouth the night of the surgery or the next day. **This is normal;** this is the bone graft healing and forming to your body.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office, **(410) 581-9008**. A 24-hour answering service is available to contact the doctor on call after hours. Call the office and follow the phone prompts to get the answering service. Calling during normal office hours will afford a faster response to your question or concern.