

# **POST OP INSTRUCTIONS FOR BONE GRAFT, IMPLANTS, & SINUS LIFT**

## **Today: Day 1**

- Cool, soft foods and beverages are recommended while you are numb. Advance your diet as tolerated.
- Swelling is normally expected, use ice packs to help prevent swelling. Apply the ice in 20-minute intervals. 20 mins on and 20 mins off. Apply ice for the first 48 hours only. Swelling around the mouth, cheek and eyes is not uncommon. The swelling will not reach its maximum until 2-3 days post-operatively. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery.
- If you were given gauze, change the gauze every 20 minutes until it is pink in color. It is common to have pink saliva for 24 hours.
- Do not smoke or use a straw for 48 hours.
- You may gently brush and rinse tonight, otherwise no additional rinsing or spitting

## **Day 2:**

- Continue using ice packs on and off today. 20 mins on and 20 mins off.
- If given a prescription mouth rinse (Peridex) start today, twice daily for 10 days. Follow the directions on the bottle.
- If did not get a prescription mouth rinse, start salt rinses twice daily for 10 days. (1tsp. salt and 8 oz. of warm water)

## **Day 3:**

- Swelling usually peaks on day 3. Applying heat helps to minimize the swelling after 48 hours. Heating instructions are printed on the back of the gel pack. If you were not given a gel pack you can use a warm moist towel or cloth-covered heating pad. Apply heat 20 minutes on and 20 minutes off to help minimize swelling and soothe tender areas.

## **Additional instructions:**

- Do not disturb or touch the wound. Do not apply pressure with your tongue or fingers to the grafted site, as the material is movable during the initial healing. Do not lift or pull on your lip to look at sutures. This can damage the wound site and tear the sutures.
- Sutures are placed for various reasons. They are not always required. Sometimes they become dislodged, this is no cause for alarm. Just remove the suture from your mouth and discard it. Sutures will dissolve in 3-7 days. You will be notified if an appointment is needed to remove sutures.
- A dissolvable collagen membrane is placed over the bone graft site, it will sometimes come out with the sutures, this is no cause for alarm. Just remove from your mouth and discard it.
- Your bone graft if made up for many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed; it's normal to have some of them to come out of the graft site.

- If you had a denture placed at the time of surgery, you should wear your denture without removing it for the first 48 hours. After 48 hours, remove the denture at night and while napping from this point forward. You should see your dentist within 24-72 hours after surgery and they will make any necessary adjustments and give additional instructions for care.
- Restrict physical activity for the 1 week after surgery.
- Start brushing gently over the implant cover once it is comfortable, if applicable.
- Do not chew anything hard or crunchy over the implant for the duration of the healing phase. (Nuts, hard candy, etc)
- Do not chew anything over the bone graft site for 10 days.

#### **Sinus Lift:**

- Do not smoke.
- Do not use a straw for 14 days.
- Do not forcefully blow your nose for 14 days, even though your sinus may feel “stuffy” or there may be some nasal drainage.
- If you must sneeze, sneeze with your mouth open to avoid a buildup of pressure in your sinus.
- Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.

#### **For patients having sedation or general anesthesia:**

- Go directly home and rest for the next 24-48 hours.
- You should not drive a motor vehicle or operate any mechanical equipment for 24 hours.
- A responsible adult should be with you today for 4-6 hours after surgery.

#### **Over-the-counter pain medication:**

- Use over-the-counter pain medications for discomfort. Use Advil (ibuprofen) or Tylenol (acetaminophen). You can alternate between ibuprofen and acetaminophen every 3 hours. For example, you can take ibuprofen first, followed by acetaminophen 3 hours later, and then repeat this process as needed.

Do not take more than 4000mg of Tylenol from all sources in a 24-hour period.

**Narcotic pain medication:**

- While using the narcotic pain medication you should be home resting. No driving, working, school, or alcohol consumption within 6 hours of taking the narcotic pain medication.
- You need to eat (at least) one cup of food before each dose of narcotic pain medication.
- You should take acetaminophen (Tylenol) and ibuprofen (Advil) as primary treatment for pain and add the narcotic in addition to that as needed. If taking the narcotic pain medication you may combine with ibuprofen (Advil), do not combine with acetaminophen (Tylenol)
- Allow 1 hour between the antibiotics and the pain medication. If you take a narcotic, antibiotic, etc. all at the same time, this increases the risk of nausea and upset stomach.
- Sometimes narcotics can cause constipation. An over-the-counter stool softener may be helpful if you are prone to constipation

**Antibiotics:**

- If prescribed, start the antibiotic on day 1 and take it as prescribed.
- If you are taking oral contraceptives, you should use an alternative method of birth control for the remainder of this cycle. Antibiotics reduce the effectiveness of oral contraceptives.

**Steroid:**

- If you were prescribed a Medrol Dose Pack, start on day 1. Take as directed.

**Please contact our office at 701-478-4404 with any questions or concerns.**