

TOOTH EXTRACTION(S) AND BONE GRAFT PLACEMENT

THE FOLLOWING INFORMATION APPLIES WHEN BONE GRAFTING IS DONE TO PRESERVE YOUR JAW BONE. THE GRAFT CONSISTS OF SMALL PARTICLES, RESEMBLING SAND. IT HAS BEEN PLACED CAREFULLY AT THE SURGERY SITE AND SECURED USING A MEMBRANE AND SUTURES. TO ENSURE GOOD ADEQUATE HEALING, PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY.

- DO NOT TOUCH OR DISTURB THE SURGERY SITE
- DO NOT CAUSE EXCESSIVE PRESSURE IN YOUR MOUTH BY VIGOROUS SWISHING, SPITTING OR SUCTION MOTIONS LIKE DRINKING THROUGH A STRAW FOR 2 WEEKS
- DO NOT SMOKE, THIS CAN DRASTICALLY INHIBIT THE HEALING PROCESS OR CAUSE BONE GRAFT MATERIAL TO FAIL
- AVOID HIGH IMPACT ACTIVITIES/EXERCISE 1-2 WEEKS, IN SOME CASES A MONTH OR MORE

WITHIN THE FIRST HOUR: IF YOU HAVE BLEEDING, APPLY GENTLE PRESSURE WITH GAUZE, OTHERWISE GAUZE IS NOT NEEDED. ANTIBIOTICS AND PAIN MEDICATION SHOULD BE TAKEN AS PRESCRIBED WITH FOOD. YOU MAY NOTICE TINY PARTICLES OF GRAFT MATERIAL COMING FROM THE SURGICAL SITE, DO NOT BE ALARMED THIS IS NORMAL.

MEDICATIONS & PAIN MANAGEMENT:

- START TAKING THE PRESCRIBED ANTIBIOTICS THE FIRST DAY OF SURGERY. ANTIBIOTICS ARE TO ENSURE NO POST OPERATIVE INFECTIONS, PLEASE BE SURE TO COMPLETE THE FULL COURSE, NO EXCEPTIONS. IF YOU ARE EXPERIENCING STOMACH UPSET DUE TO ANTIBIOTICS, PLEASE CALL OUR OFFICE FOR HELP.
- WE RECOMMEND TAKING YOUR PRESCRIBED PAIN MEDICATION BEFORE THE LOCAL ANESTHETIC WEARS OFF. MEDICATIONS SHOULD BE TAKEN WITH FOOD TO HELP ELIMINATE NAUSEA. YOU MAY SUPPLEMENT NARCOTICS WITH 600-800MG OF IBUPROFEN OR 1000MG OF TYLENOL EVERY 3-4 HOURS AS NEEDED.
NOTE: THE FIRST 3-4 DAYS YOU TYPICALLY FEEL THE MOST DISCOMFORT.
- YOU WILL START THE PRESCRIBED MOUTH RINSE (**CHLORHEXIDINE**) OR A SALT WATER RINSE (¼ TEASPOON SALT WITH 8 OUNCES OF WATER) THE DAY AFTER SURGERY, 3X PER DAY FOR 1-2 WEEKS. DO NOT SWISH AND SPIT.

SWELLING: ICING THE AREA(S) FOR THE FIRST 24-48 HOURS HELPS REDUCE SWELLING. FOLLOW A REGIMEN OF 30 MINUTES ON, 30 MINUTES OFF. KEEP YOUR HEAD PROPPED UP OR SLIGHTLY ELEVATED, TRY NOT TO LAY FLAT.

DIET: AVOID HOT LIQUIDS OR FOODS, ROOM TEMPERATURE OR COLD IS BEST ON THE FIRST DAY. WARMER OR HOT FOODS ARE OK THE FOLLOWING DAYS. AVOID FOODS THAT ARE HARD, CRUNCHY OR TOO TOUGH TO CHEW, STICK TO A SOFT FOOD DIET. AVOID CHEWING ON THE SIDE WHERE SURGERY WAS DONE.

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HYGIENE: BRUSH YOUR TEETH AS NORMAL BUT GENTLY. IF YOU USE AN ELECTRIC TOOTHBRUSH USE IT MANUALLY, NO ROTARY. AVOID WATER PICKS. KEEPING UP WITH GOOD ORAL HYGIENE IS ESSENTIAL TO MAINTAINING THE HEALTH AND HEALING OF YOUR SURGICAL SITE.

NAUSEA: NAUSEA CAN BE COMMON AFTER SURGERY AND A MEDICATION CAN BE PRESCRIBED IF NEEDED. PLEASE CALL OUR OFFICE IF SYMPTOMS PERSIST.

IMPORTANT NOTE ~ BONE GRAFT MATERIAL IS VERY DELICATE AND TAKES TIME TO INTEGRATE WITH YOU OWN BONE. DEPENDING ON YOUR SURGERY, THE HEALING TIME WILL VARY BETWEEN 3 MONTHS FOR A SIMPLE BONE GRAFT SURGERY OR 6-12 MONTHS FOR A COMPLEX OR COMPLICATED SURGERY.

IF YOU HAVE OTHER QUESTIONS OR CONCERNS PLEASE REACH OUT TO OUR TEAM.
IF OVER THE WEEKEND PLEASE CALL 206-641-7212 AND FOLLOW THE PROMPTS.