

## **Ridge augmentation bone graft surgery post-operative instructions**

**Antibiotic** If an antibiotic has been prescribed, start taking it the first day (unless directed otherwise) and use to completion. You can reduce stomach upset by taking it with food and/or plenty of liquid.

**Ibuprofen** Unless you have a reason you can't take ibuprofen (such as an allergy to ibuprofen or aspirin, or a stomach ulcer), take 800mg of ibuprofen at a time, 3 times per day. Start the day of the surgery, and take for the next 2 days. After that you can still take it as needed for pain. Do not use ibuprofen for more than one week.

**Pain pills** Take one pain pill as soon as you can after surgery. It will usually work better if taken before the numbness wears off. After that, take only as needed. Take any narcotic pain pills with food and/or plenty of liquid. Do not drive after taking any narcotic pain pill and do not take them with sleeping pills or alcohol.

**Ice bag** Use a cold pack (a plastic bag of frozen peas works well) to the face over the area where the procedure was done for 10 minutes at a time, twice an hour, for the first 6 hours. You can periodically use an ice bag the rest of the day of surgery and the next day. If you use the ice bag as directed, you should have less swelling than you would have otherwise. Less swelling = less pain. Do not use hot packs or a hot water bottle.

**Sleep somewhat inclined** For the first 2 nights after the procedure, sleep in a recliner chair or with your head propped up with some pillows. A recliner is a lot better. If you keep your head above your heart level for the first 2 days, it will significantly cut down on post-op swelling. Less swelling = less pain.

**Liquid in the brown jar-** is chlorhexidine (Peridex®), a topical antiseptic. We ask that you use this liquid and the pieces of gauze that are in the PO bag to care for the surgical site. We don't want scrubbing or brushing of any kind in that area, as it might pull out the sutures or disturb the membrane. You can use the red handled brush on the teeth that are around the surgical area, but as for the actual surgical site, take a piece of gauze and fold it once, then fold it again. Dip it in the jar of liquid so that the gauze has soaked it up. Gently place the gauze in the surgery area and bite down softly, and hold for 3 minutes. Remove the gauze and do not eat, drink, or rinse for 30 minutes. You are going to be doing this until the stitches are removed- about 6 weeks later, 3 times a day. During those first weeks, whenever you do any brushing in the surgical area, you can use the red handled brush that is also in your bag, dip it in the chlorhexidine, and carefully brush in that area. In the PO bag, there will be extra gauze to use, and if at any time you run out of the chlorhexidine or gauze, call the office and we will give you more. If you can, bring the empty brown bottle with you and we will refill it.

**Medrol Dose Pack (yellow box)-** We will give this to you- it's an anti-inflammatory steroid, which helps prevent PO swelling. Start the next day after surgery. The instructions are listed on the package as to how to take them. Make sure you read it well and follow the directions.

**Oral hygiene** Do not use a water-pik for 1 month after the procedure. Do not use an electric toothbrush around the surgical site for 1 month after the procedure. After that, it should be OK. Around the area of the surgery, for the first 7 days, do not brush, even with a hand held regular toothbrush. Use a wet q-tip soaked in chlorhexidine and gently "brush" the tooth/teeth around the gum line of teeth next to the surgery site for the first 7 days. You can brush the areas not worked on all you want. After 7 days, a soft toothbrush gently used around the tooth/teeth where the surgery was done is OK. Do not floss around the tooth/teeth worked on for 3 weeks, so you don't accidentally take out any of the stitches. After 3 weeks, there should be no oral hygiene restrictions, except no water-piks & electric toothbrushes for 4 weeks.

**Stitches** The stitches around the surgical site are usually non-dissolvable and they will need to be removed about 3 to 4 weeks later.

**Barrier/membrane covering the bone graft** Sometimes the membrane is dissolvable and will not need removed. Sometimes a non-dissolvable barrier is used, and that will need removed at some point. If implants are planned, a non-dissolvable barrier is usually removed at the implant surgery.

**Swelling** Most people get some swelling and, if they do, it usually happens about 48-72 hours after surgery. Using the ice bag and sleeping inclined as directed above will help a great deal with keeping it to a minimum.

**Salt-water rinses** Rinse your mouth out (don't swish) with warm salt water (1/2-tsp. salt in 8-ounce glass of warm water). Hold this in the mouth for 30 seconds and spit out. Repeat. Do this 4-5 times per day for 7 days. Start day after the procedure.

**Exercise** Avoid strenuous exercise for the first 7 days. Strenuous physical activity may increase post-operative pain or cause post-operative bleeding and swelling. Less activity equals less pain.

**Touching the surgical site** It is important that the surgical site remains untouched during the initial stages of healing. We recommend that you avoid stretching your mouth to look at the site and avoid playing with your tongue on the surgical sites.

**Bleeding** "Pink" saliva is normal for a few days. If you have bleeding, gently wipe the area clean of any "blood clots" first. It has to be thoroughly cleaned first. Then apply gentle (not real hard) pressure to the surgery site for 10 straight minutes with a soaking wet tea bag (black tea works the best), or a soaking wet gauze pad, or a clean washcloth, etc. Be sure it is soaking wet. If it is not, the clot will stick to it and start bleeding again when you pull it away. If it just won't stop, call.

**Food** Stay on a soft diet, chew away from the surgery area and avoid any foods that would be more likely to get stuck in the surgery site, such as corn, popcorn, nuts, and seeds (fruits like strawberries have seeds). Do this for up to 3 weeks. Citric juices, carbonated beverages or acidic foods, like tomatoes, may make it hurt, but won't damage the healing, though. For the first 7 days avoid really hot foods or drinks. Several glasses a day for the 1<sup>st</sup> week or 2 of a nutritional food supplement (Carnation Instant Breakfast drink, Ensure, Slim-Fast, etc.) is advisable as a food supplement. Ensure makes a product called Glucerna for diabetics. After 3 weeks, there should be no eating restrictions. Nothing but light sucking with a straw for the first 2 weeks. No milkshakes with a straw for 3 weeks.

**Smoking** Don't. It is better to not smoke 1 week before until 6 weeks after the bone graft augmentation surgery. Smoking and smokeless tobacco may adversely affect healing and may cause pain and/or a poor result, especially if used during the 1<sup>st</sup> 6 weeks. This includes pipes and cigars. If you do smoke, keep it 5 cigarettes or less per day and only smoke the 1<sup>st</sup> half the cigarette and then discard it. Do this starting one week before your surgery and do it for at least 6 weeks post-op.

**Aspirin** Unless you have a special medical reason for taking aspirin (tell us at least a week ahead of time if this is the case), do not take aspirin products for 7 days prior to thru 7 days after the extraction procedure. Aspirin can cause bleeding.