



## Instructions Following Bone Grafting

We have placed a bone graft and secured it with sutures and a protective membrane. Do not disturb the wound. Avoid exploring the wound with your tongue and swishing or spitting vigorously on the day of surgery. You may see a white-colored membrane covered by sutures. Try to avoid it when eating, especially hard food. If it is a non-resorbable membrane, they usually fall out on their own and can be discarded. We will evaluate healing and remove any remaining sutures and/or membrane in 2-4 weeks. You may feel some hard, crunchy material in your mouth in the next few days. We overfill the bone graft with the expectation that some will be lost due to normal forces in your mouth.

### Bleeding

- Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. Alternatively, you can moisten a black tea bag and place it on the wound and bite gently. There is a substance in black tea (not herbal) that assists in blood clotting.
- If bleeding continues please call Dr. Zahner for further instructions.

### Swelling

- Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice intermittently (20 min on and 20 min off) for the first 6-12 hours.

### Diet

- Drink plenty of fluids.
- Soft food, such as pasta, soup, mashed potatoes, should be eaten on the day of surgery. You can return to a normal diet over the next few days, but avoid the surgical site, especially with hard foods like nuts, bread crust, and chips.

### Medications

- Begin taking ibuprofen 400-600mg (Advil or Motrin) before you feel the local anesthetic wearing off. Take the same dose every 4-6 hours on the day of surgery. On the day after surgery, take this amount as needed for pain.
- For severe pain, we will prescribe pain medication that should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it.
- If prescribed, take the antibiotics as directed until they are gone. Antibiotics can make birth control pills ineffective.

### Oral Hygiene

- Good oral hygiene is essential to good healing.

### Peridex

- Antibacterial oral rinse should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out.
- Warm salt water rinses (teaspoon of salt in a cup of warm water) can be used 3- 4 times a day as well, especially after meals. Be very gentle initially with brushing the surgical areas.

### Activity

- Keep physical activities to a minimum on the day of surgery. Do not lift heavy items as this will increase blood pressure to the head. If exercising, very light cardio is suggested starting the day after surgery.
- On the second day after surgery, normal activity can resume.
- **DO NOT SMOKE.**
- **If you took a sedative pill** (Triazolam or Halcion), you will want to go home and sleep. You should be monitored periodically while you sleep. You may be very confused when you wake up. The effects may last 4 hours and rarely last more than 8 hours, but due to residual effects, **you should not drive until tomorrow.**

**Please call the office at (860) 870-9031 to contact the doctor if you have any questions or discomfort.**