

Post Operative Instructions For Bonegraft Procedures

It is critical you follow these instructions to insure optimal wound healing.

Use icepacks on the outside of the jaw for the first 48 hours following surgery. We can not over emphasize this step.

Helpful Hint: Purchase a large bag of frozen peas to serve as icepacks. Peas are much more comfortable than crushed ice.

Keep your body to a reclined position of 45 degrees upright while sleeping or resting to minimize swelling and/or pain for the first three days following surgery.

Do not insert dentures or stayplates until instructed by Dr. Salmassy. If one has been inserted after surgery you may remove it the day after surgery to rinse the appliance and your mouth, and gently reinsert.

Do not rinse your mouth vigorously or use mouthwash for a minimum of one week after surgery; this can cause a burning sensation. If bleeding occurs, place a piece of moistened gauze (wet and squeeze out excess water) onto site and use light biting pressure for 45 minutes in a reclined position until the oozing stops.

You may resume brushing your teeth the day following surgery just remember to avoid the surgery site. Using a gentle warm salt water rinse after every meal to keep area clean and promote healing is highly recommended. No swishing motion, just tilt head from side to side and let water fall out of your mouth; no forceful spitting.

If bone graft material or dental implant has been placed in the upper jaw gently wipe your nose of any discharge present, no forceful blowing. If you need to sneeze leave your mouth open, do not combust. This could open the wound and slow the healing process.

A warm or cool liquid diet through the evening after surgery:

Decaffeinated coffee/tea, apple juice (no citrus juices), protein drinks, bullion, creamed soups, Jell-O, pudding, cottage cheese, creamed soups, plain ice-cream, smoothies or yogurt (no seeds).

Do not drink carbonated or alcohol drinks for the first week after surgery. These drinks will break-down the sutures holding the wound closed which will contaminate the site and cause an infection compromising the bone graft and/or implant. No Citric Acid Juices. Avoid caffeine for 48 hours after surgery.

Do not smoke cigarettes! They will also contaminate the site and cause improper growth of the bone graft and/or the integration of the implant. This is an investment into your oral health, take it serious!

Follow the instructions on your medication carefully. Always complete antibiotics that were prescribed. You can discontinue prescribed pain medication when your discomfort level is manageable.

You must also take 600 to 800mgs of Ibuprofen (Motrin or Advil) every 6 hours to minimize swelling. If you are unable to take Ibuprofen due to an allergy or your General Physician instructed you not to – Do Not Take The Ibuprofen.

Motrin or Advil are available at your local pharmacy, they are considered “over the counter” medication.

Sample foods for your first week after surgery:

Motrin or Advil (Ibuprofen) – As long as you have no restrictions for using Ibuprofen.

Large bag of frozen peas and small sandwich baggies for ice packs.

Eggs – cheese omelets, scrambled eggs and crust less egg salad sandwich.

Pancake mix, oatmeal, Cream of Wheat.

Cottage cheese

Yogurt (no seeds)

Applesauce

Jell-O

Pudding

Pasta – white sauces only (red sauce too acidic).

Creamed soups

Oatmeal

Potatoes – mashed or baked.

Beans

Rice

Soft fruit – bananas, canned fruit.

Bullion

No Citric Acid Juices (Orange, pineapple, tomato, grapefruit)

Decaffeinated teas and/or coffee.

You may resume caffeinated drinks 48 hours after surgery.

Acceptable foods for the next three months of healing:

Pasta dishes (red and/or white sauces are acceptable), casserole dishes, stews, steamed fish and/or chicken, ground hamburger recipes, steamed/baked vegetables, Mexican dishes (soft tortillas), oatmeal or cream of wheat and all food items listed above.

Foods to avoid for the next three months of healing:

Firm/Crunchy foods or those that require excessive chewing, such as Steak, bagels, granola bars, nuts, raw vegetables, firm breads (Sourdough, French, Multi-grain w/nuts), hard and/or chewy candy, and chewing ice.

Thank you for taking the time to read and follow these instructions. Remember we are here if you have any questions or concerns (530) 823-5468.

Sincerely,

Dr. David Salmassy and Staff