

POST-OPERATIVE CARE INSTRUCTIONS BONE GRAFTING

1. If no dressing is used, after the first **24** hours, **rinse twice a day** with Listerine or the prescribed rinse. Keep the rest of the mouth clean right away.
2. **Do not brush** the surgical area for one week, or until instructed to do so.
3. If you had a dressing placed, small pieces of it may break off while eating or brushing, causing the exposed area to be sensitive to hot, cold, spices and sweets. To reduce discomfort, **rinse with warm water** several times a day. If you are still uncomfortable, contact the office for an appointment to replace the dressing.
4. Some food may become lodged between the teeth. A **soft diet** might be best for a few days, but you can eat whatever is comfortable.
5. Some discomfort can be expected for the first few days but will gradually subside with healing of the tissue. If you experience any discomfort, take two Tylenol, Advil, etc., or pain medication we have prescribed at **4-6 hour intervals**, or as prescribed.
6. To minimize swelling, place an **ice bag** on the affected side of your face, alternating fifteen minutes on the face, and fifteen minutes off the face. Continue applying ice to the area for the rest of the day.
7. If possible, at night **elevate your head** by using extra pillows.

Please Note:

- The surfaces of operated tissue may feel irregular after surgery. This is exaggerated by the acute sense of the tongue.
- Patients may experience **tooth sensitivity** to hot and/or cold. Sensitivity to heat may last 1-2 weeks. Sensitivity to cold may last for longer, in some cases up to 3-4 months.
- Teeth on the operated side of the mouth may feel "higher" than other teeth in the mouth. This is temporary, so do not be concerned.
- **Mobility of the teeth** on the operated side may increase somewhat. Do not be concerned, as teeth will usually tighten up after time. In extremely complicated cases this may take up to 6 months. Patients with extreme bone loss, who need permanent periodontal splinting after periodontal surgery is complete, will continue to exhibit mobility until the teeth are splinted together.
- **Gum recession** may result from surgery, but appears to be the worst during the first few weeks after the dressing is removed. As healing progresses, normal color and a smooth, natural shape will return.

**If you have any questions or problems, please feel free
to contact the office at any time.**



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