Expect the following post-surgery:

**Bleeding:** small amounts are normal and may continue for the first 24 hours.

**Pain:** moderate discomfort will occur after the anesthesia wears off and can continue for several days.

**Swelling:** some may occur along with discoloration of your lip and/or your cheek for a few days.

**Sensation:** a temporary loss of feeling in the location on your gums is normal. Your teeth may also feel loose for a period of time along with some sensitivity to hot/cold.

**Post-graft care:**

- Rest and avoid tenuous activity for the next 24 hours following your procedure.
- Keep your blood pressure low to reduce any bleeding and enhance healing.
- Reduce your pain with over-the-counter pain relievers (Tylenol, Advil, non-aspirin pain relievers) every 3 to 4 hours until bedtime.
- Use prescribed pain medication as needed and with food or milk to reduce stomach irritation.
- Avoid alcohol if taking any prescribed pain medication.
Post-Op Care for Your Bone Graft Procedure

❖ Apply an ice-bag to the facial area of your procedure in 15 minute increments for the first day following your procedure.

❖ Eat soft foods for the first 2 to 4 days, maintain a balanced diet, and drink plenty of water.

❖ Avoid alcohol for 48 hours post-procedure.

❖ Avoid chewing directly on the area of your procedure.

❖ Brush all of your teeth following each meal. Avoid the treatment area for the first 24 hours.

❖ Avoid blowing your nose or any activity that would stress your sinuses if your sinus was involved in the procedure. Use a decongestant if necessary.

❖ Avoid lifting your lip or disturbing the procedure area. This could irritate or open your sutures/incision.

❖ Stop smoking following your procedure to speed healing.

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Rev: 4/01/2018
Post-Op Care for Your Bone Graft Procedure

❖ Take all prescribed antibiotics as directed for the duration of the prescription. Women: consult your pharmacist about birth control complications with antibiotics.
❖ Use an anti-microbial mouth rinse if instructed to do so.
❖ Return as scheduled to your dentist for suture removal and follow-up.

Contact your dentist if you experience any of the following:
❖ Uncontrollable pain
❖ Excessive or severe bleeding
❖ Marked fever
❖ Excessive warm swelling in the days following your procedure
❖ Reactions to any prescribed medications (rash, itching, breathing issues)

Follow these instruction to assure a comfortable healing period and eliminate complications.