

Socket Graft (Preservation) Post-Operative Instructions

The bone graft is made up of many fine particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by the presence of these small granules. It is completely normal for some granules to become dislodged from the graft site, but there are some things you can do to minimize the amount of granules which become dislodged:

- Do not rinse vigorously or spit for the first 3-5 days
- Do not apply pressure with your tongue or fingers to the grafted area. The material is movable during the initial phases of healing and it is best to leave the area undisturbed as much as possible.
- Do not lift or pull your lip back to look at the sutures. This pulling or stretching can damage the wound, tear sutures and decrease the success of the graft.

On the first day it is best to let the area settled and allows the blood clot to stabilize the graft material. Therefore, do not even rinse your mouth the first day. After the first day you may begin gentle rinsing with warm salt water, but avoid rinsing vigorously and avoid forced spitting.

GENERAL INFORMATION: With any dental surgery there are routine things to expect as well as adverse events. This will help to tell the difference. If there's any question please call the office.

BLEEDING: A small amount of blood in the saliva is normal for the first 24 hours. Bleeding which you cannot control with simple pressure is not normal and should be reported immediately. We also suggest that you elevate your head using 2 pillows during sleep for the first 36-48 hours after surgery. This will reduce swelling. **DO NOT use STRAWS, and REFRAIN from SMOKING** during the initial post-operative phase. Such activity can cause bleeding.

SMOKING: Smoking greatly reduces the blood flow to the healing area. Tobacco should be avoided for as long as possible. Nicotine gum and electronic devices are also a risk.

ACTIVITY: Avoid strenuous physical activity, i.e. contact sports, weight lifting, running, swimming, etc. for 48 hours following your procedure. Get plenty of rest and resume normal activity, as you are comfortable. We suggest complete rest for the first 6-12 hours, as this will reduce discomfort, decrease swelling and speed healing. Work can be resumed the following day, but we suggest 2-3 days to allow for optimum healing.

DIET: SOFT AND COOL for the first 24 hours after surgery is the best rule. We encourage you to restrict your diet to soft, nutritious foods, as this will aid in healing. It is advisable to chew only on the side opposite the surgery. Bland foods are less irritating and are encouraged during the healing phase as well. Your diet should contain a lot of protein and fluids. Some suggested foods: Dairy products, eggs, instant breakfast, ice cream, jell-o, pudding, yogurt, milkshakes, blended or pureed foods, and/or dietary supplements (Ensure, Boost, etc.). A daily multi-vitamin supplement is also a good idea.

For 24 hours after surgery, hot food and drinks should be avoided because heat can cause swelling around surgical site. Swelling does not necessarily mean there is an infection. Swelling and discomfort can be minimized by an ICE PACK (or crushed ice in a zip-lock bag, covered with a thin towel) held on the lip or cheek over the surgical site for 20 minutes on and then 1 hour off will help reduce swelling (during the initial 24 hours). **If swelling appears to be increasing beyond the initial 72 hours please call our office.**

HOME CARE: Plaque control procedures must not be neglected, even during the post-operative phase of the treatment. Beginning the day after surgery, all teeth not surgically treated must be brushed and flossed as you normally do. Please gently cleanse the surgical area with a Q-tip dipped in mouth rinse, toothpaste, or resume normal homecare as comfort allows. Start the **Peridex** (prescription mouth rinse) the following morning after surgery.

SUTURES: Please leave your sutures intact. They will dissolve on their own time. (1-3 weeks) If a suture becomes loose it can be trimmed for comfort. Sutures can even be lost in the first few days without causing any problems with healing. Please call if you have any questions or problems.

TEMPORARIES: Wear the temporary appliance as directed. They are designed to fill spaces and may not function or chew as well as the final restoration. Wear the appliance as comfort and necessity allows (missing front teeth may be different than missing back teeth). The fit may change with time and may need adjustment or relining until the final restoration is completed.

It is important for you to maintain your regular cleanings and exams with your general dentist while the implant process continues.

IF YOU HAD IV SEDATION TODAY: You may feel sleepy or relaxed, avoid any activity for the rest of the day; take it easy. For your safety, avoid drinking, signing legal documents and working for the next 12-24 hours.

MEDICATION: Pain medication may be prescribed depending on the severity of your surgical procedure. Often, Ibuprofen (Advil) or Acetaminophen (Tylenol) may be used (2 tablets every 4 hours) will generally keep you comfortable. Do not take pain medication if it is not needed. In some cases, an antibiotic may also be prescribed to reduce the chance of infection. It is imperative that you follow the directions on the label when taking antibiotic medication. Particularly, be certain that you take this medication as prescribed, as long as there are no adverse reactions (itching, redness, etc.).

Prescription pain medications can cause mild symptoms of nausea, and the medication should be taken with food. You should also avoid operating any mechanical devices while taking the prescription medication, as well as with any sedation given prior to surgery. Alcohol consumption should be avoided for 24 hours, or as directed on your prescription bottles.

Take Ibuprofen as Follows:

- 400 mg as needed for discomfort, not to exceed four doses per day.
- 400 mg four times a day for two days, then as need for discomfort.
Take prescribed pain medication as needed and directed.
- 400 mg four times a day for four days, then as needed for discomfort.
Take prescribed pain medication as needed and directed.

Last given: _____

Please call if you have any questions and concerns:

Office: 260-471-1222 or 800-572-2655, Dr. Lee: (C) 260-494-7496