

POST-OPERATIVE INSTRUCTIONS AFTER BONE GRAFTING AND SINUS ELEVATION

1. **Discomfort and Prescriptions:** If permitted, Ibuprofen (regular strength): 3 tabs of 200 mg (total 600 mg per dose) every 6 hours for 3 days (continue after 3 days if needed) and supplement with Tylenol (extra strength): up to 2 tabs of 500 mg (total of 1000 mg per dose) – every 6 hours along with the Ibuprofen.

Please keep in mind the daily maximum dosages: **Ibuprofen=2400 mg per day; Tylenol=4000 mg per day.**

If the pain continues to increase after 5 days, call us. If steroids or narcotics are prescribed, please follow instructions written on bottle.

2. **Antibiotics:** Be sure to take the prescribed antibiotics as directed to help prevent infection.
3. **Anesthetics:** The duration of the anesthesia depends on the type used. While your mouth is numb, be careful not to bite your tongue, cheek or lip. The numbness should only last a few hours.
4. **Bleeding:** Slight bleeding may last several hours. Some bleeding or redness in the saliva is normal for 24 to 48 hours after the surgery. 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. Avoid removing the pressure prematurely to verify if the bleeding as stopped during the first 30 minutes. Keep your head elevated. Remain calm. Avoid suctioning (straw and cigarette) or spitting. If the bleeding persists after the first 30 minutes of pressure, repeat these instructions and contact us.
5. **Swelling:** Some swelling and ecchymosis is a normal occurrence after surgery. It normally peaks at day 3 after the surgery. To minimize swelling, apply an ice bag on the cheek in the area of surgery. Apply the ice on the outside of the face for 20 minutes on and 20 minutes off and repeat as much as possible for the first 48 hours. After 48 hours, a hot cloth can be applied to help decrease the swelling. If the swelling continues to increase after 72 hours, contact us.
6. **Nasal congestion:** DO NOT blow nose. Sniff back only and wipe end of nose. Use over the counter Actifed or Sudafed for 1 week after the surgery in case of nasal congestion. Do not use a nasal rinse. In case of severe nasal congesting, contact us.
7. **Nose Bleeds:** Are normal and may occur up to several days following an upper bone graft or sinus lift.
 - Treat by leaning head back; apply ice and direct pressure.
 - Do not be alarmed by the presence of bone granules. Some drainage is normal from the nose and mouth; just wipe away.
 - Try to avoid sneezing; but if one comes on, sneeze with your mouth open. Do not pinch nose.
8. **Diet/Alcohol/Smoking:** Do not consume hot liquids/food for the first 48 hours.
 - A soft diet (avoid hard and crispy food such as nuts, chips, firm bread, uncooked vegetables, etc.) is recommended for **14** days following the surgery ****Avoid eating on the treated side****
 - Alcohol thins the blood and may cause extra bleeding. It should be avoided for the first week after surgery. Avoid using a straw.
 - Smoking may affect the healing process and should be avoided or reduced as much as possible during the first 2 weeks.
9. **Graft Site:**
 - DO NOT touch the surgical site for the first **2 weeks**; you might dislodge the healing tissue and compromise the success of the graft.

- DO NOT pull your lip away or out to view the graft.
- DO NOT put your tongue on the stitches.
- It is normal for the surgical area to undergo changes during the first couple of weeks. The tissue will appear white and filmy, (Scabs are white in the wet oral environment) then it will turn pink. This is normal healing of the graft. It is normal that little white bony granules come out of the gingiva in the first few weeks. During the first weeks, a membrane may be observed at the surgical site. If you feel the membrane moving or becoming dislodged, contact us for a post-operative appointment.

10. Oral Hygiene:

- You will not be able to brush or floss the surgical area until you return for your post-operative visit ****You will be advised by your periodontist when you are able to start brushing and flossing around the surgical site****. Brush the teeth away from the surgical site with usual toothpaste and floss regularly.
- You will be given a rinse to use. Be sure to take the prescribed rinse as directed to help prevent infection. ****Do not rinse forcefully; soak the area**** Avoid any other mouthwashes.
- Electronic Toothbrushes and Water Picks: DO NOT use for at least 6 weeks following surgery.

11. Sutures: The non-resorbable sutures will have to be removed 1-month post-surgery. Some may be resorbable (self-dissolving) and will go away on their own during the first 1-2 weeks after the intervention.

12. Activity: For the first 48 hours, avoid physical activity that increase heartbeat (jogging, bike, swimming, yoga) and avoid heavy lifting.

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