

Heine, Heine, and Bowles Oral and Maxillofacial Surgery, PLLC

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Post-operative instructions **for Grafting Procedures:**

******Please read ALL these instructions carefully******

If there are any questions regarding these post-operative instructions, please call our office at 270-554-2026.

BLEEDING: Apply pressure to the surgical site by biting gently on 3 to 5 moistened gauze pads folded on itself twice. A large enough space should be created to force 1/8- inch space between the front teeth while closed firmly. Change them every 30 to 45 minutes until pink. Moistened tea bags can be used in place of gauze. If bleeding persists, contact our office at 270-554-2026.

EXERCISE CARE AFTER SURGERY: Do not disturb the surgical site. Do not pull your cheeks back to look, as this will cause the tissues to pull against the sutures. Do not probe the area with objects, including your tongue. **PLEASE DO NOT SMOKE.**

SWELLING: If possible, an elevated headrest or extra pillow should be used during the first 2 nights after surgery to reduce swelling in the surgical area. Apply ice to affected area and continue to do so for the next 2 days (usually 15 minutes on and 15 minutes off cycles). Swelling reaches its maximum in 48 hours, and warm compresses may be applied (warm wash cloth or heating pad). Dr. Heine may prescribe steroids for swelling. Please take as prescribed. If the first dose cannot be completed, add 1 more day to finish.

EATING: A liquid and/or soft food diet is followed to avoid inadvertent food particles contaminating the wound and disturbing the surgical site. A soft, healthy diet is recommended throughout the treatment. Be careful of applying pressure to the surgical site until the area is restored-crown, bridge, denture. Use of tobacco products should be avoided.

RINSING: No rinsing on the day of surgery. The next day you must start to rinse in morning and at night with the Chlorhexidine rinse (follow the instructions on the bottle). Also, rinse 4-5 times daily with warm salt water (1 tsp. salt in 1 cup of warm water). Brush and floss other teeth being careful not to disturb the surgical area. Rinse thoroughly after eating. Other mouth rinses and disinfectants should not be used.

PAIN: Unfortunately, most oral surgery is accompanied by some degree of discomfort. You will be given a prescription for pain medication (either Oxycodone or Hydrocodone). It is recommended you take the pain medication as soon as the prescription is picked up from the pharmacy and prior to the numbing medication wearing off. We suggest you eat prior to taking pain medication. Additionally, we recommend alternating ibuprofen in between the pain medication dosage (unless NSAIDS is prohibited). So, you will take pain medication, then 2 hours later, you will take 2 ibuprofens. This regimen is recommended for the first couple of days after surgery.

ANTIBIOTICS: A 2-week prescription of antibiotics will be given, and the success of healing will be dependent upon completing this course. Your doctor may extend this course as needed. Taking your antibiotics with meals is important to prevent nausea.

SINUS LIFTS: If your grafting procedure was a sinus lift, there are additional instructions you will need to follow. First, you will need to avoid blowing your nose after surgery. We ask you to take a nasal decongestant, like Zyrtec, after surgery to help alleviate the need to blow your nose. Also, we need you to avoid sneezing with your mouth closed, as this can cause pressure to the grafting site. Some bleeding through the nose is to be expected.

STITCHES: An appointment will be made for 2 weeks following the surgery to remove the sutures and discuss care of tissue. Some stitches may fall out prior to your appointment.

Safety:

- Someone should stay with the sedated patient for 3 to 4 hours after surgery.
- Do not use power tools or other dangerous machinery for at least 24 hours after surgery. Pain pills may affect the ability for 3 to 4 hours after each dose.
- Legally, you may not drive for 24 hours after sedation and should not sign any important documents.

It is important to take all antibiotics as prescribed. However, if you find it is making you sick, please give us a call, so we can adjust the type prescribed. Additionally, it is important to get as much rest as possible. No exercise for the next 2 weeks unless this has been approved by your doctor. Also, you will be followed closely during the healing process, so please let us know if there are any questions you may have about your grafting procedure or aftercare instructions.