



BONE GRAFT POST-OPERATIVE INSTRUCTIONS

It is important that these instructions be followed carefully. They may prevent needless alarm or worry as well as post-surgical complications.

1. Expect moderate discomfort, nausea, swelling, and oozing in the immediate 24 hours following surgery, this is normal. However, SEVERE pain or bleeding etc. should result in immediate notification of the doctor.
2. **BLEEDING:** Some oozing is normal following the procedure for 24-48 hours. BITE ON GAUZE with firm pressure if bleeding is persistent and change gauze every 30-45 minutes until bleeding is a light pink. Do not disturb the area with fingers or tongue. Excessive bleeding should be controlled by placing moist, caffeinated tea bag over the wound. Tea bag should be non-flavored and non-herbal. Black tea works best. Wet the tea bag, ring out, and bite firmly for 20 minutes. If bleeding does not subside call the doctor for further instructions. Also, any stitches will dissolve in 7-10 days so try not to play with them with our tongue.
3. No rinsing or spitting for first 48-72 hours after surgery. You have small bone chips and a protective membrane over the top of the extraction site. The membrane and sutures will dissolve over the next 7-10 days. DO NOT USE A STRAW or smoke for 5 days. No alcoholic beverages for the next 3 days. Resume oral hygiene (brushing) 24 hours after surgery. Avoid brushing around the extraction site for one week.
4. You may notice over the next week or so small bone particles work their way out of the socket. This is part of the healing process. Bone particles that do not have a blood supply will be excreted from your body. Just wipe the particles off your tongue or teeth. (They look like small white pieces of salt or sand)
5. **DIET:** Nourishment for the first day is very important. Dehydration hinders healing. You may remove the gauze to eat and drink if bleeding is still present. A full liquid or soft diet should be resumed as soon as possible. PLEASE NOTE: Medication (pain pills) should not be taken on an empty stomach.
6. **PAIN:** The first 12-24 hours after surgery are usually the most difficult. Take a pain pill after removing the gauze and before the anesthetic wears off. From then please follow the directions on the bottle of the prescription(s).
7. **SWELLING:** In order to minimize the swelling, which may occur after surgery, use an ice pack on the outside of the face for the first 24-36 hours. Alternate between sides by holding the ice pack on the side of the face 20 minutes on and 20 minutes off. The third day after surgery will be the peak day of swelling. On this day, you may place warm, moist heat packs on each side of the face for 20 minutes on and 20 minutes off, alternating between sides. This will help relax the swollen muscles.
 - a. While the patient is lying down, keep the head elevated with an extra pillow, or sit upright to help reduce the amount of swelling. The less swelling, the less pain you will experience.
8. **NAUSEA:** Nausea can occur especially after general anesthesia. Clear liquids such as broth or tea should be taken rather than solids until the nausea subsides, after which a normal diet may be resumed. Dramamine or Emetol, both of which are available without a prescription, are also advisable for controlling nausea. If you have persistent moderate to severe nausea, you should call the doctor.
9. If you have difficulty with breathing, a fever, or any other disturbing problems that develop after leaving the office, you should call the doctor immediately.
10. If general anesthesia was used, the patient should be observed continuously upon returning home for a minimum of 24 hours. Patient may need assistance for regular activities within the first 24 hours. Do not do any physical labor (i.e. lifting heavy items, exercise, etc.) for the first 2-3 days. This could increase your chances in prolonged bleeding.
11. If other than local anesthesia was used, you should not drive or operate machinery for 24 hours. Limit activity requiring full concentration power (i.e. making significant personal or business decisions) since full mental alertness may not be returned for several hours.

If you are unable to reach the office or it is after 5pm, please call the answering service: **520-742-6136**

IF YOU HAVE ANY QUESTIONS ABOUT THESE INSTRUCTIONS, PLEASE CALL OUR OFFICE