



NORTH BETHESDA

PERIODONTAL GROUP

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DIPLOMATES AMERICAN BOARD OF PERIODONTOLOGY

Bone/Tissue Grafting Post Op Care

Summary of aftercare instructions

- If prescribed medication:
 - Take Pain medications every 4 to 6 hours, for a minimum of one day. Take stronger pain medication as needed. Discontinue if discomfort subsides.
 - Take antibiotic as prescribed. Finishing prescribed dose.
 - Apply Ice to site 20 minutes on 10 off- for 24 hours
 - Avoid extremely hot or cold food and beverages
 - Expect minor bleeding (if more general instructions)
 - Rinse as instructed
 - No exercise for 24 hours
 - Detailed Instructions
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- Post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully.
 - The gauze pad placed over the surgical area should be kept in place for a half hour. Refer to the section on bleeding for more information.
 - Vigorous mouth rinsing or touching the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
 - Take the prescribed pain medications as soon as you begin to feel discomfort. This will usually coincide with the local anesthetic becoming diminished.
 - Restrict your activities the day of surgery and resume normal activity when you feel comfortable.
 - Place ice packs to the side of your face where surgery was performed. Refer to the section on Swelling for an explanation.
 - CAUTION: If you suddenly sit up or stand from a lying position, you may become dizzy. Make sure you sit up for one minute before standing.
 - If numbness of the lip, chin, or tongue occurs post-operatively there is no cause for alarm. This is usually temporary in nature. If this does occur for prolonged period of time after your procedure please do not hesitate to call our office.
 - A slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists, notify the office. Advil (ibuprofen) should be taken to reduce the fever.
 - If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline.
 - Sore throats and pain when swallowing are not uncommon. The muscles get swollen. The normal act of swallowing can then become painful. This will subside in two to three days.

- Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event that will resolve in time.
- Swelling may not become apparent until the day following surgery and will not reach its maximum until two to three days post-operatively. However, the swelling will be minimized by the use of ice packs for the first 48 hours. The ice packs provided by our office (or bags of frozen peas) should be applied to the sides of the face where surgery was performed. The ice packs should be left on continuously while you are awake (an ace bandage is helpful to keep the ice packs in place). After 48 hours, ice has no beneficial effect, if swelling or jaw stiffness has persisted for several days there is no cause for alarm. This is a normal reaction to surgery. After 48 hours following surgery, the application of moist heat to the sides of the face is beneficial in reducing the size of the swelling. The pain and swelling should subside more and more each day following surgery. If your post-operative pain or swelling worsens or unusual symptoms occur, call our office.
- Take any pain medication prescribed by our surgeons as directed. Begin taking pain medication as the local anesthetic is wearing off, usually three (3) to eight (8) hours after surgery. Prescribed pain medicine may make you groggy and will slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages.
- Antibiotics will be given to help prevent infection. If you have been placed on antibiotics, take the tablets or liquid as directed. It is important to completely finish all of the medication. If you are taking birth control pills, please note that antibiotics may make your birth control pills less effective.
- Do not use straws when drinking from a glass. The sucking motion can dislodge the bone graft. Drink lots of liquids after IV sedation to prevent dehydration. At least five to six glasses of liquid should be taken daily.
- Avoid hot foods until all bleeding stops. Cold foods often can soothe an uncomfortable area. Milk shakes, yogurt, pudding, Jell-O, and applesauce usually work well. You may advance to normal food as you feel able, but avoid crunchy foods like popcorn and potato chips until gum tissue has healed.
- Sutures may or may not be placed in the area of the graft. The suture(s) will either be removed by your surgeon or left to dissolve (can take up to six weeks).
- Good oral hygiene is essential to good healing. Brush your teeth gently around the surgical site. DO NOT use an electric or mechanical toothbrush. The sonic vibration can be harmful during the healing stage. You may go back to using your electric toothbrush upon approval by your surgeon.
- If prescribed Chlorhexidine. Use the chlorhexidine mouth rinse two (2) times per day. You may also rinse your mouth with a mixture of half peroxide/half water three times a day in order to maintain cleanliness.
- Reduce physical activity for 2-3 days. Avoid lifting, bending, running, etc. to help minimize swelling. Rest and sleep with your head elevated. After 2-3 days, you may resume normal activity as you feel able.
- If you are involved in regular exercise, be aware that your normal nourishment intake may be reduced. Exercise may weaken you. If you get light headed, stop exercising.
- Partial dentures, flippers, or full dentures should not be used immediately after surgery until your post-operative appointment unless specifically instructed otherwise. If you have a temporary "flipper" to wear do not place it until the numbness in the area is gone. When it is placed it should not touch the gums in the area of the surgery. If it does, this can cause ulceration of the wound edges and breakdown of the suture margins. This can lead to loss of the graft. If you have questions about the fit of your flipper, partial or complete denture.

IN CASE OF EMERGENCY PLEASE CONTACT DR. KHALID CHOUDHARY OR DR. JOAN HOWANITZ IMMEDIATELY AT (240) 483-0775.

IF THIS IS A LIFE THREATENING EMERGENCY AND THE DOCTORS CAN NOT BE REACHED PLEASE CONTACT YOUR NEAREST EMERGENCY ROOM OR DIAL 9-1-1.