

# BONE GRAFT PROCEDURE

## Post Operative Instructions

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**PAIN MANAGEMENT** We approach pain management by using a combination of over the counter (OTC) and prescription narcotic medications. Stay ahead of pain by starting the medication while you are still numb.

**NARCOTICS** Do not take acetaminophen (Tylenol) or medications containing acetaminophen while taking your prescribed narcotic/acetaminophen combination medication. Please carefully read the ingredients in other medication you are taking. Narcotics may cause nausea, drowsiness, dizziness, confusion, and constipation.

**OVER THE COUNTER** If you prefer not to take the narcotic, you may alternate between 800 mg of Ibuprofen (if able) and 1000mg of acetaminophen (Tylenol). The maximum dose of Ibuprofen is 3200 mg in 24 hours. The maximum dose of acetaminophen is 4000 mg in 24 hours.

**ANTIBIOTICS** If antibiotics were prescribed, take them as directed until gone.

**CARING FOR THE GRAFT SITE** *Do not disturb the wound.* Avoid rinsing, spitting, or touching the wound on the day of surgery. If gauze is needed, be sure to wet the gauze before placing it into the mouth.

**WHAT TO AVOID** Avoid chewing hard or crunchy foods on graft site. During the first few weeks, eat soft foods like yogurt, cottage cheese, mashed potatoes, pasta, etc. Try not to chew in areas where surgery was performed. Definitely avoid eating foods such as peanuts, popcorn, and chips. Rinse thoroughly after eating to prevent food from infecting the surgical site.

**ORAL HYGIENE** Oral hygiene is important following surgery to prevent infection. You may begin gently rinsing with saltwater rinses 24 hours after surgery. Saltwater rinses can be made by mixing ½ teaspoon of salt in 8 ounces of lukewarm water. Avoid brushing directly on the surgery site. Brush the remainder of the teeth as usual.

**NO SMOKING** Smoking can complicate your healing process and could lead to bone graft failure. It is preferred that you do not smoke throughout your healing process, however, if you do it is at your own risk.

**RESTRICT ACTIVITIES** Restrict your daily activities the day of surgery and preferably the next day (rest and elevate your head). Resume normal activity as you feel comfortable.

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We want your recovery to be as smooth and pleasant as possible. If you have questions or concerns about your progress, please call our office. 541-389-0277