Infinity Dental
8940 W. Tropicana Ave
Las Vegas, NV. 89147
702-248-4448

Post-Operative Care Following Bone/Soft Tissue Graft:

Pain: Some discomfort is normal after surgery. To minimize pain we suggest you take 600-800mg of IBU Profen or over-the-counter Advil every 6 hours for the first 3-5 days following your surgery. This will help with swelling which will reduce pain. If you were given a narcotic pain medication you can take this in conjunction with the IBU Profen, but only take this as needed. If prescription pain medication is prescribed, take it as instructed on the label. Do not exceed the dose on the label. Taking with a light meal will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.

Antibiotics: If you were given an antibiotic prescription, take all of them as directed until they are gone. It is critical to take all medications as prescribed, and to complete your course of antibiotics. Failure to do so can lead to serious complications. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

Diet: For the next 4-6 hours please have cold liquids only. (Iced teas, carbonated beverages, fruit juice, water, etc.) The cold liquids will allow proper clotting to take place and reduce some amount of discomfort. **Do Not Use a Straw!** Allow the cold liquids to pass over the surgical area. Drink plenty of liquids, at least 6-8 ounces per day. We recommend drinking Vitamin-C up to 2,000mg/day. This will aid your body in fusing with the graft.

After the first 6 hours you may have something to eat, either warm or cold. (not hot!) Start with mushy foods like soup, yogurt, scrambled eggs, etc. You should then gradually go to a soft diet for the rest of the week. A soft diet typically is anything you can cut with a fork (ground meat dishes, casseroles, cooked vegetables, chicken, fish, macaroni, etc.) As a rule of thumb, if it hurts, don't eat it. Foods to avoid include popcorn, nuts, foods with seeds or berries in them, or anything else that may leave tiny debris in the extraction site.

Swelling/Bruising: Some swelling and bruising may occur around the surgical site. This is normal. Applying an ice bag to the face over the operated area will minimize swelling. Holding a firm constant pressure while applying ice will help reduce/eliminate swelling. We recommend using a flexible ice-wrap. These can often be secured tightly to help maintain slight pressure. Apply for 30 minutes, then remove for 30 minutes. Continue this for the first 2-5 days. KEEP YOUR HEAD ELEVATED! For the next 2-3 days it is beneficial to sleep with your head elevated (propped-up with pillows or in a recliner) as the blood will pool at the surgical site and this will cause significant swelling.

Brushing: You may notice small pieces of grafting material come loose or fall out. This is not uncommon however please notify our office if an excessive amount or large piece of graft falls out. Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth- gently around the surgical site. It is critical that you brush and maintain cleanliness at the site to prevent bacteria and food debris from collecting, however you want to use a soft tooth-brush and brush gently so you do not disrupt the graft.

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Rinsing: Avoid all rinsing or swishing for 3 days after your procedure. on the third day you may begin rinsing with warm salt water 3-5 times daily. RINSE GENTLY! Let the water roll softly throughout your mouth, and then let it fall out to spit. You want to avoid any hard rinsing, spitting, or sucking motions as this can loosen the graft. It is a good idea to rinse with saltwater following every meal. This will help to prevent bacteria and food particles from sticking. Avoid commercial mouth rinses. We often will prescribe an antimicrobial mouth rinse (chlorhedaxine). If instructed to use the mouth-rinse: Rinse twice a day for 1 minute. Rinse gently, rolling the solution throughout your mouth, once in the morning and once at night (when using at night do not rinse or drink anything else before bed, you want this to be the last thing that hits your mouth).

Sinus: Avoid blowing your nose and if and whenever possible sneezing. Blowing and sneezing can rupture the graft prematurely. If you must sneeze do so with your mouth open to avoid any unnecessary pressure. Some graft material may fall loose on its own, however causing a large amount to come out will cause the graft to fail. The use of decongestant medications might be recommended. If you were prescribed a decongestant or allergy medication take it as prescribed.

Sutures: If sutures have been placed you should take care when eating, try to avoid chewing on or near the sutures if possible. The sutures placed are often made from a resorbable material and will not need to be removed. If your sutures do require the doctor to remove them it will often be done 1-2 weeks following the procedure. After the soft tissue has healed and the swelling subsides the sutures may feel and appear long/loose. This is normal. Please do not try to move/cut/remove the sutures on your own.

Follow-Up Appointments: We will schedule you for either a 24 hour or 1 week post-op visit. Depending on healing you may need to return for post-op visits weekly and once approved we will need to see you once a month until healing is complete.

Please call your dentist if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

You can contact our office after-hours for emergencies at 702-327-8795

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.