

POST-OPERATIVE INSTRUCTIONS FOR PATIENTS WHO HAVE RECEIVED A BONE GRAFT

After leaving the office, rest and **avoid** all strenuous activities (work or play) for several days – keeping blood pressure lower will reduce bleeding and aid healing.

Bone Graft – No Stint

1. Do not smoke or use smokeless tobacco.
2. Do not take liquids through a straw.
3. Do not lift or pull on lip to look at sutures (stitches).
4. Take your medication as directed.
5. You may be aware of small granules in your mouth for the next few days. This is not unusual.
6. Ice/cold pack may be used 15 minutes on, 15 minutes off for relief of pain and swelling.
7. Do not play with the site or the stitches with your tongue.
8. Chew food on the side opposite the surgery site.

Bone Graft – With Stint

If you have been given a stint follow the instructions above as well as the following instructions below, to have an optimal recovery:

1. A clear surgical stint that fits over your teeth in the bone graft area to protect the extraction site and provide comfort. Use Oxygel with the stint—half fill the tray with gel and insert. Do this often (several times a day at least).
2. You may wear the stint for as long as you require, and while eating, in order to provide comfort, **but it MUST be cleaned frequently in order to help avoid infection.** Clean your stint by brushing it with a toothbrush under cold running water.
3. The areas involved will be quite sore throughout the healing process. This is normal.
4. If you are able (i.e., not allergic), you may take three 200 milligram ibuprofen tablets every four hours (or as needed—but no more than every four hours) for pain relief. Ibuprofen is recommended because of its pain-relieving as well as its anti-inflammatory effects.
5. Be sure to take all prescribed medications until completed.

Notify the office if:

You feel numerous granules in your mouth. / Your stitches come out. / Your medications do not relieve your discomfort.

PLEASE CALL OUR OFFICE AT 250-383-3368 IF YOU HAVE ANY FURTHER QUESTIONS OR CONCERNS.

Information for Women:

Antibiotics can affect the absorption of birth control pills, causing them to be ineffective. If you are taking birth control pills and have received a prescription for an antibiotic, use other birth control measures during that time and for the remainder of your cycle.

****NOTE**** It is important to follow all post treatment instructions closely. Failure to follow the instructions may result in poor healing; more discomfort and the success of the procedure may be affected. All costs associated with corrective treatment due to complications or poor healing will fall to you.