

# POST OPERATIVE INSTRUCTIONS

## Bone Graft

### COMFORT

Complete rest these next few (6-12) hours will ensure early comfortable and complete healing. Comfort will be maintained by taking the medication prescribed for you. **Pain medication should be taken as soon as you feel discomfort.** As aspirin is an anticoagulant, an aspirin substitute (IE: Tylenol) is preferred during the early healing period. **FYI: SMOKING RETARDS HEALING AND INCREASES PAIN.**

### SWELLING

Apply the ice pack given to you to the outside of your face, over the treated area for 15 minutes on and 15 minutes off. Ice is effective for approximately the first 24 hours. A "Baggie" filled with crushed ice or frozen peas wrapped in a towel works nicely also. You might be given a prescription to minimize swelling. Take as directed.

### SPECIAL MEDICATION

Antibiotics or other medication may be prescribed and should be taken as directed on the label. **Antibiotics should be taken until ALL tablets are used.**

### DIET

The importance of a nutritious diet cannot be overly stressed, PARTICULARLY during the healing period. The patient who eats healthy, soft foods feels better, remains comfortable, and heals faster.

**Avoid eating on the treated side.** A liquid diet may be used for the first one or two meals, such as: Fruit smoothies or juices, warm soups, etc.. Avoid hot spicy foods and extreme temperatures. Bland foods are kinder to the healing tissue.

Soft foods can be eaten until you feel ready to go back to your regular diet. The following require little pressure to chew and provide the necessary nutrients: eggs, cottage cheese, ground meat, bananas, cooked fish, oatmeal. Vitamin C aids in healing. .

### ORAL HYGIENE

Gentle lukewarm water only rinses are helpful in the healing process and should be initiated 12 hours after surgery. Use mouth rinse if prescribed. Vigorous rinsing, spitting, probing, sucking, or anything that might cause suction is to be avoided. **This includes smoking.**

**Do not brush or floss the treated area for 2 weeks.** Thereafter, it is very important to keep the area as clean as possible. Gentle brushing and flossing of the surgical areas is recommended. . Flossing in the treated area should be confined to the areas above the gum tissue for the present.

### BLEEDING

Some blood will stain your saliva. This is normal. Oozing may be controlled with ice cold water held (not rinsed) over the area for a few minutes.

If continuous bleeding occurs, discontinue any rinsing, avoid exertion, and do the following:

- 1) **Moisten** a tea bag (preferable), or a Kleenex tissue,
- 2) Place it on the area with the thumb and index finger,
- 3) Apply CONTINUOUS FIRM PRESSURE to both sides of the area for 20 minutes WITHOUT REMOVING FOR INSPECTION.

**IF BLEEDING PERSISTS, CALL THIS OFFICE: (949) 493-8857 Cell: (760) 297-8728 (after office hours).**

**FLIPPER**

If you have a removable flipper leave it in overnight. Then take it out as needed to clean with a toothbrush.

**FEVER**

A slight fever or chills may occur; it is of no consequence unless it persists more than 24 hours. A persistent, low-grade temperature or one above 102 degrees should be reported.

If you have any questions, do not hesitate to contact this office. After hours, Dr. Lu may be reached through his cell phone.

**Office Phone: (949) 493-8857**  
**Cell: (760) 297-8728 (after office hours)**