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Post-Operative Instructions for Bone Graft

Medications

Start taking your medication as soon as you get home. Do not delay starting them. Your medications may include an antibiotic and pain medication. Even though you do not have any pain when you get home, start taking your pain medication. Pain medications taken on an empty stomach often results in an unsettled feeling and/or nausea and vomiting. Some medications cause constipation. Please take your pain medication with food or drink. If you take other medication, you may resume them.

Pain

Post-operative discomfort is a normal response to any surgical procedure. The local anesthetic or freezing administered during your surgery will probably last from two to twelve hours. It is advisable to take the prescribed pain pills soon after your surgery. The discomfort usually peaks in the first 48 hours. Should the pain increase after this period of time, please contact our office for further instructions.

Bleeding/Gauze Packs

It is normal to bleed or ooze following surgery. To control bleeding, bite down on gauze for one and a half hours after surgery. Using the supplied gauze, bite down with firm, constant pressure directly over the surgical site. Remove the gauze to eat and drink, but replace immediately. Change the gauze as needed. Once the bleeding is minimal, the gauze may be removed. Ensure gauze is removed prior to going to sleep.

If bleeding is excessive, (i.e. the gauze is soaked with blood every 5 minutes) bite down with constant pressure for 45-60 minutes. If heavy bleeding persists, call our office.

Facial Swelling/Stiffness

This occurs following nearly all dental extractions and oral surgery. This is nature's way of helping the healing process by splinting and resting the surgery area. The swelling

usually peaks on the second day following surgery and should start to disappear by the fourth day.

Ice Packs

Apply an ice pack to the jaw immediately upon your return home. Alternate 15 minutes on and 15 minutes off for the first 24 hours when awake. Any longer use may impair and delay healing. Remember swelling peaks two days following surgery and can last up to a week. It is not uncommon to experience moderate bruising. This will resolve on its own over time. Return of normal jaw movement may take up to 2-3 weeks.

Diet/Nutrition

On your arrival home, you may have a soft diet. For the first day, we recommend nothing too hot or too cold. Examples of soft foods are applesauce, pudding, yogurt, mashed potatoes, scrambled eggs, porridge, jello, ice cream, soup (lukewarm), and milkshakes (use spoon; NO straw!) Do not use a straw for 1 week following surgery. Make sure you rinse after eating **STARTING ON THE DAY AFTER SURGERY.**

Oral Hygiene

The day following your surgery, you may begin oral rinsing and gently brushing your adjacent teeth and surgical site. Rinse with lukewarm salt water ($\frac{1}{2}$ teaspoon of salt in one cup of water). Rinse at least 6 - 8 times a day, especially after eating for 3-4 days. Please do not use any commercial mouthwashes. Do not smoke, as this will delay healing.

Numbness or Tingling in lip, tongue or cheek

Due to the position of impacted teeth and local anesthesia, sensory nerves supplying the lip, chin or tongue may be affected. Tingling indicates that the involved nerves are regaining normal function. It may, however, require several months for normal function to return. In rare situations, normal sensation may not return.

Stitches

Long-lasting dissolvable stitches are routinely used. These will release or dissolve within 3 weeks. Remaining or loose stitches will be removed at your post-operative visit.

Post-Operative Visits

Please make an appointment for a post-operative visit before you leave the office on your surgical date. Should you have any further questions, problems or concerns, please call Dr. Strauss at 416-488-4225 or call him at 416-402-6200.