

LEGACY SURGERY

ORAL FACIAL & DENTAL IMPLANT SPECIALISTS

2071 Pro Pointe Lane • Harrisonburg, Virginia 22801 • 540-437-1230

www.legacysurgery.com

In case of postoperative complications or if you require assistance, please telephone this office.

INSTRUCTIONS FOLLOWING BONE GRAFTING AND/OR DENTAL IMPALANTS

IMPORTANT: PATIENTS WHO HAVE HAD A GENERAL ANESTHETIC OR INTRAVENOUS SEDATION SHOULD NOT DRIVE AN AUTOMOBILE FOR THE NEXT 24 HOURS.

1. **BLEEDING:** REMOVE ALL GAUZE PACKS 20 TO 30 MINUTES AFTER LEAVING THE OFFICE OR UPON ARRIVING HOME. PLACE ANOTHER STERILE GAUZE PACK ONLY IF THE BLEEDING CONTINUES. A certain amount of bleeding is to be expected following the surgery. Coloring of the saliva with blood is normal for a few days following the surgery. If the bleeding continues after a reasonable period of time, place a sterile gauze pack (folded into a 1 inch square) DIRECTLY OVER THE BLEEDING AREA AND BITE DOWN FIRMLY FOR 20 MINUTES. Repeat as necessary using gauze or wet teabags wrapped in gauze. DO NOT USE COTTON OR FACIAL TISSUE. If bleeding is excessive, sit in a relaxed position, with head up, and place the ice packs externally over the operated area. DO NOT SPIT FOR THE FIRST 24 HOURS.
2. **MEDICATIONS:** Obtain prescriptions immediately. Take the prescribed medications as indicated by the directions on the bottle. Take the antibiotic prescription until all of the pills have been consumed. Use the prescribed pain medication (analgesic) only as necessary, substituting with Tylenol or other mild analgesics if they bring adequate relief. All pain medications should be taken with milk or after eating. The prescribed pain medication may cause nausea and constipation. DO NOT CONSUME ANY ALCOHOLIC BEVERAGES OR DRIVE AN AUTOMOBILE WHEN TAKING PRESCRIBED PAIN MEDICATION.
3. **ICE PACKS:** Use ice packs on the operated areas (externally) for the first 24 hours. Apply ice packs for 20 minutes on, then 20 minutes off. Do not use ice packs after the first postoperative day unless so advised.
4. **DIET:** Avoid **hot** foods and **hot** liquids for 3 – 4 days. A soft diet should be maintained for 2 – 3 months over the surgical site.
5. **DIET - IMPLANTS:** DRINK PLENTY OF LIQUIDS. Avoid hot foods and hot liquids for 3 – 4 days. A soft diet should be maintained for 2 – 3 months over the implant sites.

5. **ORAL HYGIENE:** Vigorous mouth washing may stimulate bleeding. Therefore, **DO NOT RINSE THE MOUTH FOR AT LEAST 12 HOURS FOLLOWING SURGERY.** You may then gently rinse the mouth with salt water 3 TIMES A DAY. If bleeding continues, stop all mouth rinsing and follow the instructions regarding bleeding. The teeth should be brushed with toothpaste. Good oral hygiene will reduce the possibility of infection.

6. **SMOKING:** It is recommended that cigarette smoking be eliminated for two weeks prior to and after the surgery. Smoking at anytime will increase the risk of complications, including infection, poor wound healing, and failure of the graft to heal.

GENERAL INFORMATION

1. The operated area may become swollen. The greatest amount of pain and swelling will occur approximately 1 – 4 days after surgery. Avoid strenuous physical activity. Proper use of ice packs will help to reduce the swelling. Having your head elevated with pillows while sleeping may also help reduce swelling.
2. Discoloration or bruising may accompany the swelling beneath the eyes and jaw.
3. You may have a slight earache for several days.
4. A sore throat may develop.
5. Teeth adjacent to the surgery area may ache. This is referred pain and is a temporary condition.
6. There may be a slight elevation of temperature for 24 to 48 hours after the surgery. If the elevated temperature continues, drink plenty of fluids and telephone this office.
7. If the corners of the mouth or lips become dry or chapped, keep the area moist with cream or ointment.
8. Avoid touching the surgical area with fingers, toothpicks, or any object that may cause infection.
9. Drinking liquid through a straw (which creates negative pressure) and using a water pik over the surgical site should be avoided for 2 weeks.
10. Non-dissolvable stitches are generally used. These stitches will be removed at your postoperative appointment.
11. Activity level should be minimal the day of surgery. For one week following surgery, light exercise **only** is advised.
12. During the healing process, small sharp fragments of bone may become obvious. If this is annoying, return to the office for their removal.
13. **Any appliances that might contact the surgical site should not be worn** until all of the swelling subsides and/or the appliance can be modified and relined with a soft material.

PLEASE CONTACT THIS OFFICE AT 540-437-1230 IF ANY DOUBT ARISES AS TO YOUR PROGRESS AND RECOVERY.