

AFTER BONE GRAFTING & DENTAL IMPLANT SURGERY

- ✓ Do NOT brush your teeth, rinse your mouth, or spit forcefully for the next twenty-four (24) hours.
- ✓ **Do NOT drink through a straw for at least seven (7) days after surgery.**
- ✓ **Do NOT consume any alcohol or carbonated beverages / sodas (including sodas and / or sparkling water) for at least seven (7) days after surgery.**
- ✓ **Do NOT smoke cigarettes, marijuana, vapes, or e-cigarettes for at least seven (7) days after surgery.**
- ✓ Do NOT disturb the surgical site or over-exert yourself. This may result in bleeding, irritation, infection, or even a very painful condition known as Dry Socket.
- ✓ **Hygiene & Rinsing:**
The following day, resume normal, gentle brushing and rinse with luke-warm salt water ($\frac{1}{4}$ tsp. table salt dissolved into $\frac{1}{2}$ cup of lightly warm water) after each meal, two (2) to three (3) times per day. **Do NOT rinse with over-the-counter mouthwashes (Scope, Listerine, etc.) for at least two (2) to three (3) weeks.**
- ✓ **Pain & Swelling:**
Pain and swelling are normal and to be expected following any type of surgery. These may last from seven (7) to fourteen (14) days. Do not be alarmed if the 3rd day following surgery is the worst.
- ✓ **Medications:**
Your Doctor has prescribed certain medications specific to your needs. Please make sure to take these prescribed medications as instructed. If you need a reminder of the instructions, please reference the "Medication Instructions" sheet, located within your folder. If any changes are needed, please call and let the Doctor and / or Staff know so we may take the appropriate corrective actions. Also, please remember to take your medications with meals / food. This helps ensure their effectiveness while decreasing side-effects.
- ✓ **Diet:**
Immediately following surgery, you should be on a soft diet for three (3) to four (4) days. Avoid chewing over the site where the implant was placed until instructed by your Doctor that it is safe. Please supplement your diet with plenty of non-carbonated, non-alcoholic fluids. Please gradually return to a normal diet as tolerated. **Additionally, please do NOT eat spicy foods for two (2) weeks. Please do NOT engage in strenuous activity and / or exercise for the first three (3) days following surgery.**
- ✓ **Swelling:**
Ice packs may be used for the first twenty-four (24) hours to reduce swelling. Please alternate ice packs on and off, or side to side, every fifteen (15) minutes for the next several hours. Swelling typically increases on the 3rd day and will decline by the 5th day onwards. If you notice the swelling continues to grow, please contact us immediately!
- ✓ **Bruising:**
If bruising is present after five (5) days, please use a warm, moist compress for the next 3 days. **Do NOT use a moist compress for the first four (4) days following surgery.**
- ✓ **Bleeding:**
You will be provided with sterile gauze following surgery. Please change your gauze every forty (40) to sixty (60) minutes until active bleeding has subsided (typically about 2 to 3 hours). Some light bleeding may last overnight. Please remember that bright red blood indicates active bleeding, and that dark red blood indicates clotting. If excessive bleeding exists, please perform the following:
 - a. Rinse your mouth with cool water and gently wipe away the blood clots with sterile gauze.
 - b. Moisten two (2) black tea bags with warm water, wrap in gauze, and place over the bleeding area. Close your mouth and apply constant, gentle pressure.
 - c. Remain quiet and sitting upright for thirty (30) to forty (40) minutes.
 - d. Repeat steps b and c until bleeding has stopped.
- ✓ **Sutures:**
You may have sutures placed in your mouth to help stop bleeding and enhance the speed of healing. These sutures will dissolve on their own. In rare instances, it may be necessary to use non-dissolving sutures. These non-dissolving sutures will be removed by the Doctor in two (2) to three (3) weeks.
- ✓ **Dentures / Flippers / Partial:**
If you have been provided with an Immediate Denture, Partial Denture, or Flipper, please make sure to leave it in your mouth for the next 24 hours. After 24 hours, you may remove it and begin luke-warm saltwater rinses.