

POST OPERATIVE INSTRUCTIONS FOLLOWING BONE AUGMENTATION

1. Do not disturb the wound. Do not rinse, spit, or touch the wound on the day of surgery. Sutures will be placed and will be removed in 7-10 days. Avoid pulling your lip as it may dislodge the placement of the sutures.
2. Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 1 hour. Place new gauze every 15 minutes. If bleeding continues please call for further instructions.
3. Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 4 hours (15 minutes on/5 minutes off).
4. Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Be careful to avoid sharp foods in the area. Return to a normal diet as directed.
5. You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen bought over the counter comes in 200 mg tablets. 2-3 tablets may be taken every 3-4 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it.
6. Be sure to take the prescribed antibiotics as directed to help prevent infection.

7. Good oral hygiene is essential to good healing. Starting the day after surgery, the Peridex should be used 2-3 times daily, after breakfast and before bed for 2 weeks. Be sure to rinse for at least 30 seconds and then spit it out. Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas. Do not use an electric toothbrush or a Waterpik for 3 weeks after the procedure.
8. Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. It is always important to get plenty of rest with any surgery or illness.
9. Avoid smoking for at least 72 hours following surgery, as this affects the healing process.
10. Removable appliances should only be worn as instructed. They should be kept as clean as possible. Avoid using adhesive until the surgical site has healed.

If you have any postoperative problems or questions, call our office. If you have an after-hours emergency, call our office and Dr. Hammoud's contact number will be on our recording.