

# ZAYAS DENTAL

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## BoneGraft Post Operatory Instructions

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery.

**Bleeding:** Some bleeding, pain and swelling is expected following surgery. Bleeding is controlled by applying pressure to the surgical area for 90 minutes, if bleeding persists, place a cold tea bag on surgical site for 30 minutes.

**Swelling:** Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack to cheek on surgical site. Ice packs should be applied as often as possible without burning skin. Apply the ice continuously for the first 36 hours. To reduce swelling keep head elevated, even when you sleep.

**Pain:** You should begin taking pain medication as needed. The prescribed medication should be taken as directed. Suggestions for over the counter pain medications: Tylenol or Extra Strength Tylenol may be taken every 4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Do not take any said medications if you are allergic or have been instructed not to. Do not take Aspirin or aspirin containing products are not advisable, as they tend to increase bleeding from the area that was treated. If pain medication has been taken and pain persists, please call our office.

**Antibiotics:** Be sure to take the prescribed antibiotics as directed to help prevent infection.

**Diet:** Avoid the use of a straw for 72 hours following surgery. Drink plenty of fluids. Eat soft nutritious foods that can be easily chewed and swallowed. Please avoid sticky foods, seeds, rice, popcorn, etc. Return to a normal diet as soon as you feel comfortable to chew, keeping in mind not to disturb the blood clot.

**Activities:** Keep physical activity, including unnecessary talking, to a minimum immediately following surgery. Please do not smoke for at least 5 days after surgery. Exercising should be discontinued as it may lead to throbbing and/or bleeding in surgical area. No physical activity, heavy lifting, or bending is recommended following surgery for at least 72 hours.

**Oral Hygiene:** Good oral hygiene is essential to healthy healing. Rinsing is important because it removes food particles and debris and thus helps promote healing. Rinse mouth gently with the following solution: ½ Teaspoonful of salt dissolved in a large glass of warm water. Repeat solution rinse after every meal or snack for 7 days. Continue your regular tooth brush regimen, but avoid disturbing the surgical site.

**Remember your follow up visit:** You are scheduled to return for a post operative visit to make certain you are healing within normal limits. In the meantime, follow all instructions mentioned above. If calling after hours, please call our emergency hotline at 305-915-8610 should you have any questions or concerns.