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## EXTRACTION, BONE GRAFTING & CONNECTIVE TISSUE GRAFT POST OP INSTRUCTIONS

### Rest:

- ❖ Rest quietly with your head elevated for the remainder of the day.
- ❖ Always get up slowly from a reclined position to prevent dizziness.
- ❖ Limit physical activity for the first 24 hours and avoid excessive exertion for the first 72 hours.
- ❖ Healing will occur much faster with rest!

### Ice:

- ❖ As soon as possible, place an ice pack on your face over the surgical area; 20 minutes on and 10 minutes off.
- ❖ Use the ice pack for the first day following surgery. This will contribute to your comfort and minimize swelling.
- ❖ Moist heat may be applied the day following surgery for added comfort.

### Medication:

- ❖ You should begin taking your pain medication **BEFORE** numbness wears off.
- ❖ If an antibiotic was prescribed, take it as directed until it is ALL GONE.
- ❖ Some pain medications may cause lightheadedness. Lying down will help this.
- ❖ Some medications may cause an upset stomach. Taking these with food will lessen the side effect.

### Bleeding:

- ❖ Some seepage of blood is expected; however extensive bleeding should not occur. If such bleeding should occur, apply firm pressure with a moist gauze or moist teabag to the area for 20 minutes. If the bleeding does not subside please call.

### Mouth Care:

- ❖ Avoid rinsing, spitting or sucking through a straw for 72 hours after surgery. Blood is clotting and this will disturb the healing process. **NO CARBONATED BEVERAGES FOR ONE WEEK (7 DAYS).**
- ❖ After 72 hours, gently rinse with warm saltwater.
- ❖ You may begin to brush the NON-SURGICAL areas the day following surgery, but **DO NOT USE TOOTHPASTE FOR THE FIRST WEEK (7 DAYS).** It is ok to use mouthwash on your toothbrush.
- ❖ Do not touch the surgical sites for the first week; you could dislodge the tissue and compromise the success of the graft.
- ❖ Do not pull your lip away to view the graft site.

### Eating:

- ❖ Do not eat on the surgical side or area for several weeks.
- ❖ Eat softer foods for the first week such as pasta, eggs, fish, yogurt, soup, pudding, and soft cooked vegetables.
- ❖ Avoid extremes; very hot, very cold or acidic foods. Do not eat hard crunchy foods such as popcorn, seeds, nuts, or chips for the first month after surgery.
- ❖ Maintain a balanced diet.

### Fluids:

- ❖ Fluids should be consumed as soon possible. It is recommended that you drink 6-8 glasses of water during the day following surgery.
- ❖ Avoid using a straw as it may cause suction, which may loosen the blood clot and cause bleeding and possible loss of graft.

### Alcohol/Aspirin:

- ❖ **DO NOT CONSUME ALCOHOL WHILE ON THE PAIN MEDICATION.**
- ❖ Avoid alcohol and aspirin for 2 days after surgery. These are blood thinners and may cause bleeding, delaying the healing process.

### Smoking:

- ❖ We strongly advise **NOT SMOKING** after surgery. Smoking delays the healing, increases discomfort, and may encourage bleeding and infection in the surgical site.

**If you have any questions or concerns, please call us! (304)292-7307**