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BONE GRAFT POST OPERATIVE CARE

Proper care following oral surgical procedures is important to hasten recovery and prevent complications. Please read and follow the instructions carefully.

1. Rest on the day of your surgery, especially if intravenous medications were used. Keep your head elevated to help reduce swelling. You should not drive, operate machinery or engage in any strenuous activity if narcotic pain medications are being taken.
2. **Pain, swelling and bruising is normal and is to be expected.** Apply ice to your face over areas where surgery was performed for two days. Keep ice on for twenty minutes intervals or alternate from side to side if there was more than one site. **Swelling will be its greatest on the third and fourth day after surgery.** Moist heat may be applied to the involved area beginning 48 hours after surgery. **If lower implants were placed, stretch your mouth open frequently starting the day of surgery. This will reduce pain and jaw tightness.**
3. Take 800mg. Ibuprofen (Advil or Motrin) before the local anesthesia (numbness) wears off if it was not taken prior to surgery. Prescription pain medications should be taken after a meal. Narcotic pain medications may cause nausea if taken on an empty stomach or not eating substantial meals. For mild to moderate discomfort use Ibuprofen (Advil or Motrin). **DO NOT drink alcoholic beverages while taking narcotic pain medication.**
4. **DO NOT smoke or use any tobacco product. This will cause more discomfort, complicate your recovery, increase the risk for infection, delayed wound healing and increased risk for implant failure.**
5. It is important to drink at least two - three liters of water each day after surgery. **Failure to drink will cause fever, nausea, vomiting and fainting.** Advance your diet as tolerated. Try to resume a normal diet by the third day after surgery. **Do not place your tongue into or chew on the bone graft site. This will tear the wound open and cause the bone graft to be lost.**
6. Tooth brushing can be started on the day of surgery on the adjacent teeth. **Gently dab the exposed portion of the graft site with a Q-tip soaked in the prescribed Peridex solution. NO RINSING.**
7. **If you have any problems or questions, please call Dr. Scioscia: (803) 951-7343. Prescriptions will not be called in after hours.**