

POST-OPERATIVE INSTRUCTIONS: BONE GRAFTING

Please follow the guidelines below. Call your doctor if you notice any unusual symptoms. Please remember that you are under the influence of medication post surgery; therefore, do not drive, drink alcoholic beverages, sign legal documents, or make any major decisions during the next 24 hours.

WOUND CARE & ACTIVITIES

- Use ice compresses to your face for the first 24–48 hours. After that you can use warm moist heat compresses.
- Keep your lips moist with Cortisporin® or lanolin ointment.
- Your face may be swollen and bruised for 2–3 weeks after surgery.
- Some numbness and tingling may be anticipated after the procedure. This is the result from lifting the skin away from the nerves that supply sensation to the area. Sensation in these areas returns over time but may take six months to a year.
- Oral mouth rinse(s) prescribed should be continued for 2 weeks. Tooth brushing twice daily is required.
- If you are prescribed a nasal spray, use as prescribed.
- No use of straws for 2 weeks post-operatively.
- Light activity can be resumed in 1 week, more vigorous activity in 4 weeks, and one should refrain from contact activities/sports for 6 weeks.

AVOID

- Please avoid bending over forward, lifting, or straining, or any sports activities that bring your heart rate greater than 100 beats for 1-2 weeks as recommended by your doctor.
- No temporary prosthesis may be placed on the grafting site for at least 3 weeks or unless advised otherwise. Please consult your doctor before having this fabricated.
- It is VERY important to not put pressure on the graft or the wounds, as this will cause graft failure.

DIET & MEDICATION

- Eat soft foods for 4 weeks or until your doctor advises return to a normal diet.
- You may take your regular medications unless otherwise instructed by your doctor.
- Specific medication instructions will be provided during discharge teaching. Use prescriptions as prescribed by Apex Surgical's surgeon.

CALL YOUR SURGEON IF YOU HAVE ANY OF THE FOLLOWING

- Measured fever over 38°C.
- Excessive swelling.
- Excessive bleeding or drainage.
- Pain medication not effectively relieving pain.

NOTE: If you notice small, granular bits in your saliva over the first 3-4 days, do not panic: this is the superior portion/top of the graft material and it is not a problem.