

## **POSTOPERATIVE INSTRUCTIONS AFTER BONE GRAFT SURGERY**

### **EXTRAORAL SITE:**

#### **Activity:**

- No strenuous activity for 4 weeks (extreme sports or exercise) unless the surgeon instructs otherwise.
- Take a deep breath and cough every waking hour the first 4 days – **rib only**.
- Minimize ambulating the first 24 hours – hip only. After the first 24 hours, walking is encouraged but may require some assistance.

#### **Wound Care:**

- Tape dressing may be removed carefully 48 hours after surgery.
- Leave steri-strips on until they fall off on their own (usually occurs after several showers)
- Do not soak the incision in a bath or pool the first week. You may shower 24 hours after the surgery allowing the water to run over the site.
- Sutures will either resorb on their own, or will be removed at a follow up visit.
- Protected ice to the region for the first 24 hours will assist to decrease the swelling, after that low heat may be used if desired.

### **INTRAORAL SITE:**

#### **Activity:**

- No strenuous activity for 2 weeks (extreme sports or exercises) unless the surgeon instructs otherwise.
- Keep your head elevated above your heart at all times for the first 3 to 4 days.
- Leave your dentures or partial denture out, in the area of bone grafting, unless otherwise directed by the surgeon.

#### **Wound Care:**

- Peridex rinses – 5mL swish for 30 seconds and spit out, two times a day, done after meals. A salt water rinse may also be used.
- You should brush your teeth, although you must stay away from the graft site.
- Take antibiotics, anti-inflammatory and pain medication as directed.
- Strictly a soft nonchew diet for six weeks, or until instructed otherwise.
- Protected ice to face for the first 24 hours will assist to decrease the swelling, after that low heat may be used if desired.
- Sutures will either resorb on their own, or will be removed at a follow up visit.
- No blowing nose, spitting, smoking, sucking on straws or other objects for 4 weeks, unless otherwise directed by surgeon.

### **CALL ORAL SURGEON IF:**

Dramatic increase in swelling or pain, moderate drainage from incision, extreme difficulty in walking, shortness of breath, severe nausea and vomiting or diarrhea, temperature above 101.5, dislodged splint or wires, continued bleeding, difficulty voiding, or any disruption of graft material.

**Avoid nose blowing, coughing, sneezing, sucking through a straw, etc.**