



LOWELL, NASHUA & CHELMSFORD
ORAL SURGERY ASSOCIATES

POST-OPERATIVE IMPLANTS AND/OR BONE GRAFT INSTRUCTIONS

Diet

Avoid uncooked dairy products such as milk, cream, yogurt, cheese and ice cream for the first four days after surgery. Liquids and soft foods are recommended for the first week following surgery. Please avoid any hard and crunchy foods (e.g.: popcorn, chips, pretzels and nuts).

Hygiene

Rinses after meals and before bed with lukewarm salt water. Do NOT use commercial mouthwashes or sprays. Remaining teeth may be brushed and flossed as usual.

Dentures

Unless otherwise instructed by the surgeon, dentures may NOT be worn until refitted or realigned by your dentist. Failure to follow this instruction may jeopardize the success of the graft.

Sinus Precautions

If grafting involves the sinus, avoid using a straw or vigorously blowing your nose for 7-10 days. Physical activities that can cause pressure changes in the sinus (ie: flying, scuba diving, weight lifting) should be avoided for 10-14 days.

Swelling

Swelling and bruising may increase during the first 48 hours following surgery. Swelling may last 4 to 5 days. The following measures will help to minimize and reduce swelling and bruising:

- **Elevation** - Keep your head elevated at all times. Sleep on an extra pillow to help minimize swelling and bruising.
- **Ice** - Ice will help cut down on swelling during the first 48 hours. Apply a bag of ice or cold pack wrapped in a towel to the outside of your face against the surgical area for 20 minutes out of each hour, rather than continuously, for the first 48 hours after surgery. Bags of frozen peas or corn also work well, and mold easily against the face.
- **Heat** - After the first 48 hours have passed, your swelling will slowly begin to go down. Warm compresses can then be used to help to bring down the swelling. Use these for 20 minutes out of each hour.

Antibiotics

Patients are given a prescription for antibiotics after surgery. It is important that you take ALL of your antibiotics. Make sure you have a prescription when you leave the office.

Lowell Oral Surgery
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Lowell, MA 01852
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Pain

NOTE: Photo ID will be required to pick up medication from your pharmacy

You may be given a prescription for pain medication or instructed to take over-the-counter medication. It is important that medication be taken as directed. Do not take any pain medication on an empty stomach, as most pain medication will irritate the stomach. If you are given a prescription for pain, you may find that within a day or two following surgery you don't need anything quite as strong. If so, please switch to an over-the-counter medication. You should notice decreasing discomfort every day. While you are taking pain medications, avoid alcohol and use care when driving or operating machinery. Take your medication only as prescribed and directed by the doctor. Refills for pain medication will be provided only during regular office hours, Monday through Friday.

Sutures

The sutures will dissolve by themselves in approximately 10-14 days.

Sedation and Anesthesia

Patients who have general anesthesia may experience some memory loss following surgery. Because of this, a patient should not be left alone or drive a motor vehicle on the day of surgery. After anesthesia, you may experience a sore throat and/or muscle stiffness. This will disappear within 48 hours. Regular office hours, Monday through Friday.

Emergency Contact

If you have an emergency and need to speak with your doctor after hours, please contact our office and one of our doctors will return your call.

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