



**Lowell & Nashua
Oral Surgery Associates
Chelmsford Oral Surgery**

Jeffrey D. Stone, DMD, MD
Thomas A. Trowbridge, DDS, MD
Sotirios Diamantis, DMD, MD
Amy D. Field, DMD

33 Bartlett Street, Lowell, MA 01852, (978) 458-1264
20 Cotton Road, Nashua, NH 03063, (603) 595-9119
26 North Road, Chelmsford, MA 01824, (978) 328-0432
www.lowelloralsurgery.com

POST-OPERATIVE IMPLANT 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: Rinse 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 relined by your dentist. Failure to follow this instruction may jeopardize the success of the graft.

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. Sleep on an extra pillow to minimize swelling and bruising.
- **Ice** - ice will help cut down on swelling that takes place during the first 48 hours. Use an ice bag or cold pack wrapped in a towel on the outside of your face against the surgical area for 20 minutes out of an hour, rather than continuously, for the first 48 hours after surgery.
- **Heat** - after the first 48 hours have passed, any swelling that may occur will already have done so and the swelling will go down slowly. Warm compresses will help to bring down the swelling. Use warm compresses 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.

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

SEDATION & ANESTHESIA: Patients who have general anesthesia should not be left alone on the day of surgery or drive a motor vehicle.

- Do not suck through a straw for 48 hours
- Do not smoke for at least a week after surgery
- Do not take pain medication on an empty stomach
- Refills for pain medication will be provided only during office hours (Mon-Fri, 8:00 – 5:00)

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.

EMERGENCY CONTACT: If you have an emergency and need to speak with your doctor after hours, please contact our answering service at 978-988-1844, and one of our doctors will return your call.