

BONE GRAFTING OR SINUS LIFT

POST-OP INFORMATION

WHAT KIND OF BLEEDING WILL I HAVE?

Some oozing of blood can be expected from the surgical site for the first few hours. Saliva may be tinged with blood for the remainder of the day. If you were instructed to use gauze it is okay to tuck it into the mouth if the oozing is bothersome. Please do not bite down on gauze over the graft site. This can compromise the graft.

WHAT KIND OF DISCOMFORT WILL I EXPERIENCE?

Your jaw and lip will remain numb for several hours. You should begin the Ibuprofen for discomfort while you are still numb. If you should begin to experience more than mild discomfort, you may supplement with the prescribed pain medication. If this is not sufficient, please contact our office.

WHAT CAN I EAT?

Begin with cool, soft foods on the first day of surgery. In the days following surgery you should not chew anything on or near the implant site. You may eat whatever you like but you will need to avoid using this area until you have been given the OK by the doctor to do so.

WILL I BE NAUSEATED?

Nausea can occur if sedation was given. After IV sedation, do not try to eat or drink anything until you start to feel hungry. This usually takes a few hours. Try to avoid taking any pain medicines until you have been able to eat and drink something. Prescription pain medication can also cause nausea and vomiting. Precede taking each pain pill with food. Despite taking the above precautions, some patients continue to have nausea. If this is your case, please call the office.

WILL THERE BE SWELLING?

Swelling can be minimized by keeping your head elevated, (by using two pillows when lying down) placing ice packs over the surgical areas at 20 minute intervals (20 minutes on / 20 minutes off) during the first 24 hours, and taking the Ibuprofen as prescribed. It usually takes approximately 3-4 days before all swelling is apparent.



WHAT ABOUT SMOKING AND DRINKING?

Smoking should be avoided. If it is not possible to quit smoking completely, try to limit your smoking during the first 2 weeks. Alcoholic beverages should also be avoided for this time. Excessive smoking and alcohol consumption will affect healing and jeopardize the success of the surgery.

HOW DO I CARE FOR MY SURGICAL AREA?

Commercial mouthwashes or other home remedies should be avoided during the first 2 weeks. To clean surgical areas, gently rinse your mouth with the prescribed mouth rinse (Chlorahexadine). Vigorous rinsing and swishing should be avoided. This rinse may cause your tongue and soft tissue to turn a dusky grey color. This color change will subside once you discontinue the use of the product. This prescription rinse should be used no longer than 2 weeks. Switch to over-the-counter Listerine after 2 weeks. Keep leftover perscribed rinse for future surgery appointments with us. For areas unaffected by the surgical procedures, you should continue your normal hygiene. Do not brush across or near the surgical area until the doctor has given you the OK to do so.

WHAT SHOULD I DO WITH MY DENTURES OR APPLIANCE?

Your denture or appliance should NOT touch or put pressure on the surgical site and should NOT be worn until it has been properly adjusted by Dr. Chisdak. The success of your healing will depend on your compliance with this.

WHAT KIND OF ANTIBIOTIC DO I TAKE?

Take the antibiotic as prescribed. Mild diarrhea can be expected. If you experience severe diarrhea, please call our office immediately. Eating 2-3 cups of yogurt daily and taking a probiotic will help prevent or lessen the diarrhea in most cases.

-Women

Many oral antibiotics can make oral contraceptives ineffective (birth control pill). If you are taking oral contraceptives, you must use an alternate method of birth control until after your next menstrual period. If you have any questions about your birth control and antibiotics please call our office at 406-587-0767.

SINUS LIFT PATIENTS

Do not blow your nose. You will be instructed to purchase a decongestant called Mucinex D that will aid in drying out your nose. If you need to sneeze, keep your mouth open and sneeze into your arm or a Kleenex. Do not use straws for 2 weeks. If you use a C-Pap or Bi-Pap for sleep apnea, you will need to stop the use of these machines for a month after surgery.