After Bone Grafts and/or Dental Implant Placement

***PLEASE READ ALL INSTRUCTIONS (BOTH SIDES) CAREFULLY***

Sometimes the after-effects of oral surgery are quite minimal, so not all of the following instructions may apply. In such cases, use your best judgment. When in doubt, however, please follow the guidelines below or call our office for further clarification. During business hours please dial (919) 419-9222/ after hours dial (919) 619-7439.

**PAIN CONTROL:** During your surgery, you were given a local anesthetic to numb the surgical site. As this anesthetic wears off, you may begin to experience some discomfort. The most severe pain usually occurs within 6 hours after surgery after that, your pain should lessen.

If you have received lower implants and numbness persists more than 8 hours please call Dr Jelic

Ibuprofen will be your best aid in pain management—if it is taken as directed!

**Take 600mg ibuprofen** (three 200 milligram tablets/caplets = 600 milligrams) **every six (6) hours. This dose should be taken by the clock, every six hours, for three days.** If you take the ibuprofen before the anesthesia wears off, you will have better success in managing any discomfort. Taking the ibuprofen on this six hour schedule will also help to control swelling.

You may also be given a prescription for a narcotic painkiller. Please be aware there are legal limitations to your activities (i.e., driving) while taking narcotic pain medication. It is recommended that the prescription be your second line of defense, to be used in conjunction with the ibuprofen. **If you need to take the narcotic, take it with the ibuprofen, not instead of it. Do not drive if taking narcotic pain medication**

**If you find that you need to take large amounts of pain medicine at frequent intervals, please call our office. If you anticipate needing more prescription medication for the weekend, you must call our office for a refill prescription during weekday business hours.**

**ANTIBIOTIC:** Please take the remaining portion of your antibiotic as instructed.

**SWELLING:** Swelling can be minimized by using a cold pack, an ice bag or bag of frozen peas wrapped in a towel and firmly applied to the cheek adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 24 hours after surgery.

**DIET:** It is important not to skip any meals. If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. Liquids, including broths and soups, or pureed foods may be the most comfortable to begin with, but you may gradually progress to more solid foods over the next few days. **Do not** eat solid foods that will compress the grafted area.
HYGIENE AND CARE: Do not disturb the surgical area. You may brush your teeth except in areas adjacent to your surgery. Do not brush teeth around the surgical site until cleared by Dr. Jelic. Do not use any over-the-counter mouthwashes, which will slow healing and possibly lead to infections.

You may use a warm salt-water rinse to soothe your mouth and keep it clean: Dissolve 1/4 tsp to 1 tsp in 8 oz warm water, and gently move it around your mouth and allow it to dribble out. Take about 5 minutes and use the entire glass, taking care neither to vigorously rinse, nor spit. You may repeat the rinse as often as desired, but no less than 2-3 times daily.

SMOKING. Smoking increases infection rates, is very detrimental to healing, and has been proven to increase implant failure rates by at least 15%.

HEALING: Individual bodies are different, so allow some room for your own unique healing ability. Otherwise, normal healing after an implant generally occurs as follows:

Day 1-2 - The day of surgery and the next day are generally the most uncomfortable, and there is usually some swelling. Avoid movements which will stretch this tissue, such as opening your mouth wide or smiling. Do not compress the gum tissue as this will interrupt adequate blood flow which promotes the proper healing of your surgical site.

Day 3 - On the third day, you should be more comfortable and, although still somewhat swollen, you can usually begin a more substantial diet. Try to chew on the opposite side of the surgical site. Do not manipulate or disturb the delicate gum tissue surrounding your graft or implant. Avoid movements which will stretch this tissue, such as opening your mouth wide or smiling. Do not compress the gum tissue as this will interrupt adequate blood flow which promotes the proper healing of your surgical site. The remainder of the post-operative course should be gradual, steady improvement. If you don’t see continued improvement, please call our office.

If a Healing Abutment was placed, DO NOT use this fixture to chew with.

If gauze was placed in your mouth please remove prior to sleeping.

PLEASE NOTE: We will only accept calls for narcotic (pain killer) prescription refills during regular office hours. Please do not call Dr. Jelic’s cell phone for refills. Please expect to come in for an evaluation prior to refilling narcotic prescriptions. This may be necessary so that we may determine if alternative therapy is more appropriate.