



Post-Operative Instructions

Bone and Sinus Grafts

Swelling

Swelling of the face or mild bruising of the skin after a surgery can be normal. Please apply an ice pack (or frozen peas etc.) on the area for the first 48 hours to control the swelling as much as possible (20 minutes on and 20 minutes off or alternating if both sides of the face have had surgery). It is normal for the swelling to peak within the first couple of days and it should subside gradually. Please call the office if the swelling reoccurs after a few days as this may indicate the possibility of an infection and should be addressed.

Bleeding

Please apply firm pressure on bleeding areas with the folded gauze compresses provided and change until the bleeding stops (the compresses remain white). Avoid rinsing, spitting, swishing while brushing teeth, using a straw or smoking for the first few days. Initially, It is also recommended to keep your head raised while sleeping at night with extra pillows. Again, immediate and targeted pressure remains key in controlling bleeding.

Diet

You can eat light meal for the first couple of days, yogurt, soups, Jell-O, etc. Avoid very warm foods and using straws as they might cause bleeding. Do not rinse or spit for the first 48 hours as this might re-elicite bleeding. You can start rinsing with mouthwash or salt water but only after the first 48 to 72 hours.

Medication

Please take your medication (pain control and/or antibiotics) as prescribed on the vials. Pain control medications are preferably started before the freezing wears off for greater comfort.



Tooth brushing

Do not brush the area of the surgery until your next appointment. Regular tooth brushing is recommended in the areas non-affected by the surgery. This is important as good oral hygiene reduces the risk of secondary infection. After a few days, you may rinse and gargle with a mouthwash (choose one without alcohol) or ORO-X (Chlorhexidine mouthwash).

Sinus bone graft

Do not blow your nose or hold back any sneezing as this may compromise the graft. Please take your medication (Otrivin and antibiotic as prescribed)

Stitches

Stitches are usually dissolving and it is not uncommon to start falling out after a few days.

Physical activity

On average, physical activity can be resumed once the bleeding has completely stopped, usually after the first 48 to 72 hours.

Follow up appointment

The follow up appointment is to remove the stitches and control healing.

Questions

Please do not hesitate to call the office for any question, we are glad to help.
514.277.7737

