



Horbury Dental

care & implant clinic

making you smile for over 75 years

POST OPERATIVE CARE FOR PATIENTS WHO HAVE HAD A

Bone Graft & Sinus Lift

THIS SHEET IS DESIGNED TO OFFER ADVICE AFTER YOU HAVE HAD A BONE GRAFT OR SINUS LIFT. FOLLOWING THIS ADVICE WILL HELP THE HEALING PROCESS AND REDUCE COMPLICATIONS.

1. For the first 24 hours, avoid hot drinks such as tea or coffee.
2. Salt Water - the day after surgery (no less than 24 hours) commence salt water rinses $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of salt in a cup of warm water and rinse after every meal - this will help to keep the wound clean and reduce soreness. Also rinse with Corsodyl mouthwash 3 times a day (after cleaning your own teeth).
3. For the first 7 to 10 days after surgery, avoid physical exertion (e.g. sports and heavy lifting).
4. It is very important that your oral hygiene and home care is maintained to the highest of standards and that all hygiene appointments are attended.
5. Do not smoke - smoking will delay healing and increase risk of failure to an unacceptable level. Smoking also reduces success of implant treatment. Any failure of graft or implants due to smoking is entirely at your own risk.
6. Denture wearers should discuss with their surgeon when they may resume wearing their dentures. Leaving the denture out as much as possible (essential at night) will help with the healing of the soft tissues. Do not attempt to force dentures into the mouth and should they become painful, stop wearing them and contact your dentist.
7. If an antibiotic has been prescribed

please take only as directed and finish the course. If you appear to be having a reaction to medication please contact the surgery.

8. Please maintain a soft diet for 10 days during the healing phase. Do not use a water-pick, explore the area with your tongue or eat hard crusty foods.
9. If you have undergone a sinus lift procedure, avoid blowing your nose for approximately 2 weeks after surgery. This will help prevent infection. Please avoid flying or swimming for 2 weeks after surgery and please try to sneeze through your mouth and not through your nose.
10. **Sleeping** - sleep with an extra pillow to lift your head for the first 2 nights to reduce swelling.
11. **PAIN RELIEF** - You will be very sore, swollen and uncomfortable following a graft procedure, both in donor and recipient sites. Take 600mg Ibuprofen 4 times per day and 1g of Paracetamol 4 times per day. Take alternately, so painkillers are taken every 3 hours. **DO NOT EXCEED THESE DOSES.**
12. In some cases, steroids may be prescribed to reduce swelling - take as directed.
13. **PLEASE DO NOT HESITATE TO CONTACT THE SURGERY IF:** numbness persists for more than 6 hours after surgery, stitches become loose or fall out, you have excessive pain, excessive bleeding or implants become visible.

BLEEDING:

Minor oozing of blood may continue and discolour your saliva for some hours after leaving the practice. However, if bleeding continues and clots are evident, identify the area and apply gentle continuous pressure to the area with a gauze pad soaked in lukewarm water for 15 minutes. This may be repeated 3 to 4 times. If bleeding continues after this, please contact your surgeon on the emergency telephone number at the end of this sheet.

PAIN:

There is always going to be an element of pain involved in any surgical procedure. The amount of pain you experience will be proportional to the complexity of the implant surgery you have just had. However, as a general rule, pain is present for 2 to 3 days and gradually subsides from the fourth or fifth day onwards.

SWELLING:

The amount of swelling you experience will be again proportional to the complexity of the implant surgery you have just had and can reach the neck or eye depending upon whether the upper or lower jaw is operated on. The swelling will follow a similar pattern to the pain and start to go down after 3 to 4 days. There is often a residual swelling over grafted or augmented sites, which may persist for 1 to 2 weeks. Sleeping with an extra pillow to lift your head for the first 2 to 3 nights to help reduce the amount of swelling. You can also use ice packs, which can be carefully held over the operated area at 15 to 20 minute intervals, totalling no more than one hour during the first 2 days after the surgery.

INFECTION:

We go to great lengths to prevent infection during the procedure. However, there is always a possibility that the site can become infected. If you are experiencing more swelling or pain that you think is normal, please contact the practice and we will see you as soon as possible.

If you require any further advice, please e-mail or telephone the Implant Clinic:

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