

Lexington Dental Care

Post-visit instructions

Bone Graft-The bone graft procedure entails surgically placing bone or bone material.

What to expect after surgery:

Swelling and bruising (May take 24-48 hours to peak)

Bleeding

Numbness due to anesthesia for up to six hours

Discomfort for several days

Facial and sinus pressure

You may notice white particles within the mouth several days after surgery

If suture was placed, it will dissolve

If screws were placed, these will be removed at a following appointment, by discretion of the doctor

Please follow these instructions:

Drink plenty of liquids

Bleeding - lasts several hours after surgery - place gauze in area for 20-30 minutes. Repeat as needed.

Avoid salty, spicy, crunchy and citric foods

Avoid mouthwashes - rinse with saltwater three times per day for one week.

Avoid hot foods or liquids while still numb

To reduce swelling, elevate head and apply ice to the face, use moist heat to reduce swelling after the first 24 hours

Eat a soft diet for the first 24 hours, avoid chewing in the surgical site

Begin rinsing with salt water the day after surgery and continue for 7 days doing so 4 times per day.

Antibiotics and Pain Medications

Have any prescriptions filled promptly and take as directed. Non-narcotic medications (Motrin, Advil, Ibuprofen, Tylenol) should be taken as soon as possible and repeated as prescribed for the first several days. Narcotic pain medication can be taken in addition if pain relief is not adequate. However, when narcotic pain medications (Percocet, Vicodin, Tylenol with Codeine) are taken, you should not operate automobiles or other power equipment. Antibiotics, when prescribed, should be taken as indicated until gone. If a rash or swelling develops, discontinue the antibiotic immediately and call the office to inform your doctor.

Oral Hygiene and Smoking

It is important to maintain oral hygiene so that the wound will heal properly and not become infected. Smokers are advised not to smoke for five to seven days after surgery. Drawing on a cigarette may disturb the blood clot and thus interfere with the healing process.

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Physical Activities

Please reduce activities for 3 days following surgery.

Call your Doctor if:

You have signs of infection, sudden swelling, or fever

You have a reaction to any of the medications

You experience prolonged bleeding

Pain increases and/or your condition worsens

You have any questions regarding the surgery or post-surgery instructions.

Please call Dr. Won Kyung Kim at Tel. # 617 410 6460

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