

Bone Graft

Post-Operative Instructions

Healing after surgery is usually quite rapid and there is often only minor discomfort from the procedure. For mild pain, take 600 mg ibuprofen every 4-6 hours for next few days, not to exceed 3200 mg per day. Moderate pain may occur in more advanced grafting cases. Please take other prescriptions as directed by Dr. Cady and pharmacist to avoid major discomfort.

Place ice on the surgical site for the first two hours following the procedure. This will cut down on any swelling and help the healing process. Typically 15 min. on 15 min. off. If swelling persists, continue ice the first day. On the second day alternate between ice and heat. Call Dr. Cady if swelling continues to increase.

Bruising and swelling are normal for grafting procedures. Severe swelling with heat can be sign of infection. Please call Dr. Cady if you experience extreme swelling and discomfort.

Do not smoke for 48 hours after the procedure and avoid smokers if at all possible. Smoke retards the healing process.

Do not exercise heavily the day of the surgery. Increased blood flow due to increased heart rate can cause bleeding from the surgical area.

Avoid brushing around the surgical site. Use Peridex mouth rinse twice a day for two minutes each time for the first two weeks to kill bacteria and keep the area clean. Start your Peridex rinse the day after the surgery. Do not eat or drink for about one-half hour after using the rinse because it can cause an unpleasant after taste. Brush the rest of your teeth normally.

Call the clinic with any questions or concerns during regular hours. Or call Dr. Cady after hours at 208-241-3930.