

## Post-Operative Instructions

John W. Cox, DDS and Your Family Dentist, PC team invite you to see a summary of post-op instructions. Call us or Text us at 828-893-0010, if you have any questions:

### Bone Graft Surgery

Following are some simple instructions for home care after the Bone Graft Surgery.

1. You have just had surgery completed for the reduction of periodontal pocketing and/or for replacement of bone in an area where pathology existed; or in conjunction with endosseous dental implant surgical placement with or without platelet addition to the bone graft. You will be advised of the particular procedure and pertinent directions relative to your treatment modality. Whether you were put to sleep for this procedure or were only given local anesthesia, the postoperative directions remain the same.
2. Several sutures (stitches) are placed at the surgical site. These sutures may or may not be resorbable. If you have been told that you have received external silk sutures they have to be removed by us. The sutures will cause a pulling of your tissue over the bone grafting site. Since the bone graft site will have approximately 15 % more bone fill than what was naturally there, it is imperative that you do not pull up your lips or cheeks to show or examine the area. The undue pressure will cause the sutures to widen away from the surgical site, expose bone, create more pain, and delay healing dramatically. This delay can lead to the need for the area to be sutured again when you are seen for your 1 week post surgical evaluation. The sutures will remain in place for between 14 and 21 days depending on the size of the graft, the severity of the pathology, and the condition of the tissue being sutured.

3. Your dentist will tell you what time period to expect. Remember though that this is not etched in stone, and that the dentist may extend the time before your sutures are removed to assure adequate healing and to avoid surgical regression.

4. Your maintenance during healing has to be completed carefully. It is imperative that you use NOTHING ASTRINGENT such as mouth wash or antiseptic solutions during the healing period of your bone graft.

Listerine, Viadent, and any other potentially caustic agent can RUIN your bone grafting procedure, if contaminated, and require a replacement bone graft.

5. Since bone grows and heals slowly, and requires conditions conducive to a proper environment and blood supply, it is imperative that immediately after your bone graft that you alter your diet, as you would for any Oral Surgical procedure. This means that you should not eat anything that is too large, too hot, or too sticky. Your food should be tepid or on the cool side. Any food too hot will have a harmful effect on your surgical procedure. Common sense must be used in determining what should be done or not done.

6. Smoking after any Oral Surgical procedure will ALWAYS delay or badly disrupt normal healing due to a decrease in oxygenation of the tissue that is healing. Smoking should therefore be stopped for the first 7 to 10 days to allow for adequate initial tissue closure. Complete epithelialization (closure) and wound healing normally takes a minimum of 21 days from the day the surgery was completed under ideal healing conditions and no other underlying systemic causes such as Diabetes Melitus, etc.

7. Bone grafting is a very predictable surgical procedure when done correctly and when patient cooperation is adhered to, therefore it is very important that you follow the proper post operative care.

8. We want nothing more than a perfect outcome with the surgical procedures that you are having done to rehabilitate your bone. This can only be attainable with proper cooperation from you.

Please always feel free to communicate with us, at any time, to make sure the procedures you are having completed are properly

maintained. We would rather answer questions immediately than to take a chance that a procedure doesn't go as planned, especially from omissions that are preventable.

As always, we welcome your questions, comments and concerns. Should you have any please call us during normal business hours. If you feel you are having an emergency or can't wait until the office reopens please proceed to an Urgent Care Facility , hospital or call 911.

We appreciate the opportunity to serve your dental needs.