

LISA MARVIL, DMD AND BANDAR ALMAGHRABI, DDS
DIPLOMATES OF THE AMERICAN BOARD OF PERIODONTOLOGY

RIDGE AUGMENTATION POST-OPERATIVE INSTRUCTIONS

It is important to follow the directions during the first 2 weeks after your bone graft to insure proper healing.

MEDICATIONS:

1. For postoperative comfort and to reduce inflammation, ***Ibuprofen (600mg)* is recommended every six hours for the first 2 days. In addition, *Tylenol (1000mg)* may be taken in between ibuprofen doses if needed for discomfort.** You should always follow the instructions on your medications carefully. Please take any antibiotics as prescribed.

BLEEDING AND SWELLING:

1. Do not rinse your mouth vigorously during the first 24 hours after the operation. You may notice a small amount of blood mixed with your saliva for about 24 hours following surgery. This is normal. Do not become alarmed. If nose bleeding starts, do not blow your nose vigorously. If bleeding begins in the surgical area, apply gentle pressure to the area by biting on a roll of gauze for 1-hour. If bleeding does not stop, please call the office.

2. Reduce physical exercise for at least 48 hours following the operation. **Do NOT smoke or consume alcoholic beverages during the first week.** These activities increase bleeding and slow healing.

3. Swelling is not uncommon. An ice pack is very helpful immediately after surgery to prevent swelling. Keep the ice pack over surgical site, alternating the ice pack on for 15 minutes and off for 15 minutes. While the ice pack is most helpful during the first 4-6 hours after surgery, you may continue to use one for the first 2 days after the surgery using the alternating on/off routine. Use an elevated head rest or an extra pillow for the first 2 nights after the surgery.

PLAQUE CONTROL:

1. The day after surgery you should begin using a salt water mix (1 tsp salt in ½ cup of water), by applying it with a sponge swab or cotton ball twice a day, after brushing the non-treated teeth.

2. Sutures were placed to aid in healing. Do NOT brush these areas, as your toothbrush may pull out the sutures. The sutures will be removed at your scheduled post-op appointment, usually about two weeks post-surgery.

EATING:

1. Maintain a softer food diet and chew away from the treated area until your sutures are removed. Poor healing will result if you do not maintain proper nutrition. Liquid dietary supplements and multi-vitamins are recommended. Avoid hard, sharp, crunchy foods, as well as foods with seeds.

IF YOU HAVE A DENTURE DO NOT USE IT UNTIL IT HAS BEEN RELINED!

Call the office if you experience any post-operative complications.

(540)338-4588

(703)430-0938