Post-Operative Discharge Instructions: Bone Grafting

Patient Name: [Patient Name]

Date of Procedure: [Date]

Surgeon: [Surgeon Name]

1. Bleeding

Keep the gauze pad placed over the surgical area for 30-60 minutes. Replace it if it becomes soaked. Some oozing is normal for the first 24 hours.

2. Swelling and Bruising

Apply an ice pack to the side of the face at 20-minute intervals for the first 24 hours. Swelling usually peaks on the second or third day after surgery.

3. Medications and Pain Management

- **Pain Medication:** Take [Medication Name] as prescribed. Do not wait for severe pain to start before taking the first dose.
- **Antibiotics:** Complete the full course of [Antibiotic Name] to prevent infection.
- **Rinse:** Use [Mouthwash Name] as directed, starting 24 hours after surgery.

4. Oral Hygiene and Care

- Do not disturb the wound. Avoid touching the area with your tongue or fingers.
- Do not spit, use straws, or smoke for at least 72 hours.
- Gentle brushing of other teeth is permitted, but avoid the surgical site.

5. Diet

Drink plenty of fluids. Stay on a soft diet (yogurt, pudding, mashed potatoes, lukewarm soup) for the first few days. Avoid crunchy, spicy, or very hot foods.

6. Protecting the Graft

If the graft was in the upper jaw, do not blow your nose for 2 weeks. If you must sneeze, do so with your mouth open.

When to Call the Office

Contact us immediately if you experience:

- Uncontrolled bleeding or severe pain.
- Excessive swelling after the third day.
- A high fever or persistent nausea.
- Feeling "gritty" particles coming out of the site excessively.

Office Phone: [Phone Number]

After-Hours Emergency: [Emergency Number]

Follow-up Appointment: [Date/Time]