



## **POST-OP INSTRUCTIONS- Bone Grafting**

You have just undergone a surgical procedure. During this time, homecare is very important. Recovery may be delayed if neglected. Please observe the following instructions and schedule your post-op appointment with our office. Post this on your refrigerator for referral!

### **Day of surgery**

1. **Bleeding:**
  - a) Common during the first 24 hours.
  - b) Bite on gauze with firm pressure for the first 3 hours.
  - c) Change gauze only if saturated or if you drink fluids. If you run out of gauze, substitute with warm moist tea bags.
  - d) If active bleeding persists after 3 hours, place a moist tea bag over the extraction site and firmly bite down for another 30 minutes. If bleeding remains uncontrolled, call our office.
2. **Swelling:**
  - a) Peaks between the second and fourth day after surgery and may continue up to 4 weeks.
  - b) Apply ice packs to the outside of your face, 20 minutes on and 20 minutes off. Do not use longer than 24 hours. Thereafter, apply a warm towel to your face throughout the day and night for the next week.
  - c) Keep your head elevated on 2 pillows or rest on a recliner.
3. **Diet:**
  - a) Do not eat anything for 3 hours after surgery. You may drink fluids only if needed but replace your gauze immediately. Avoid hot fluids/foods the remainder of the day.
  - b) A soft diet is recommended for one week. This may include iced teas, casseroles, boiled veggies and meats, Jello-O, yogurt, protein shakes and plenty of water to prevent dehydration. **DO NOT SKIP MEALS.**
4. **Pain:**
  - a) Numbness following surgery is normal for the first day or two.
  - b) Take your prescribed pain medications. If your discomfort is not well controlled, please call our office. An alternative pain medication can be called in.

### **DAYS 2-5**

1. Continue with a soft diet and fluid intake
2. **Hygiene:**
  - a) Rinse mouth gently after each meal using 1 tsp. salt in 1 glass of water. Continue rinses until your next appointment.
  - b) **BRUSH YOUR TEETH REGULARLY**, including the teeth adjacent to the wound. If uncomfortable, use a baby toothbrush.
3. **Swelling:**
  - a. Apply a warm moist towel to the outside of your face at least 5 times daily, and massage jaw area.
  - b. Keep your head elevated on 2 pillows when sleeping.
4. **Discomfort:**
  - a) Muscle soreness and/or limited openings are normal following any procedure in the mouth. To help alleviate this, gently massage jaw under a warm shower. This will help you loosen the muscles and assist in easing the discomfort.

### **AVOID THE FOLLOWING:**

1. **DO NOT USE A WATER PIK OR ANY MECHANICAL IRRIGATING DEVICE!**
2. Do Not lift your lip or drink through straws.
3. **SMOKING: This will delay healing and increase the pain.**
4. Hard foods that require extensive chewing
5. Mouth rinses such as Scope, Listerine, and peroxide

If you have any questions or concerns after hours please call our office at 210-444-9312 and follow the instructions.

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