

Post-Op Care Instructions

FOR BONE GRAFTING & IMPLANTS

First 3 Days Post-Operative Surgery

- Minimize strenuous activities 3-4 day post surgery.
- Bite on gauze pad for 60-90 minutes post surgery.
 - *Remove gauze prior to sleep. Oozing of surgery site may last up to 3 days.
- Elevate your head with pillows while lying down. Place a towel over your pillow while sleeping as oozing occurs.
- Sneezing/Coughing: Keep your mouth open and try not to pinch your nose closed.
- Do not smoke or use chewing tobacco or vapes for a minimum of 72 hours.
 - Use a nicotine patch for tobacco use, as tobacco use delays healing time.
- Do not rinse your mouth aggressively or brush next to extraction site.
- Place ice packs on cheek in area of surgery for 15 minutes on and 15 minutes off.
- Limit lifting or pushing objects weighing more than 25 pounds.
- Do not pull on cheek or lip to look at surgery site.

First 3 Weeks Post-Operative Surgery

- Do not suck through a straw or on hard candies. This can dislodge membrane, sutures and or grafting material.
- Do not spit aggressively.
- Avoid hot beverages, excessive amounts of carbonated beverages and alcohol.
- Avoid hot (temperature), spicy, hard and crunchy food (nuts, popcorn, nacho/ potato chips, pizza crust, etc.).
- Do not use toothpaste for 2 weeks. Dip toothbrush in Chlorhexidine and use to brush your teeth.
- Do not use Waterpik for 3 weeks.



Pain Management

- Motrin (Ibuprofen)**
 - 600mg: 1 tab every 6 hours for 6 days.
 - Take on the 6:00 and 12:00 hours.
 - **Continue to take Motrin for minimum of 5 days.**
- Extra Strength Tylenol (Acetaminophen)**
 - 500mg: 2 tabs every 6 hours for 3-5 days.
 - Take on the 3:00 and 9:00 hours.
- Dexamethasone**
 - 4mg: 1 tab in the morning until medicine runs out.

Antibiotics

Take as prescribed. Discontinue use if experiencing symptoms of allergic reaction; call clinic immediately.

If difficulty breathing, seek medical attention immediately.

Antimicrobial Mouth Rinse

- Chlorhexidine**
 - Start 1 day after surgery.
 - Gently rinse and spit with $\frac{1}{2}$ ounce, 2x daily for 2 weeks.
- Closys**
 - Start 1 day after surgery.
 - Gently rinse and spit with $\frac{1}{2}$ ounce, 2x daily for 2 weeks.
- StellaLife**
 - Start 1 day after surgery.
 - Gently rinse and spit with $\frac{1}{2}$ ounce, 3x daily for 2 weeks.

Diet

Drink plenty of fluids. Soft foods are recommended for the first 3-6 weeks (yogurt, bananas, applesauce, oatmeal, smoothies, cooked noodles, soup, mashed potatoes, pudding, jello, ice cream, tender vegetables, etc.)

- Take an extra Vitamin C tablet with each meal for 3 weeks.
- Take probiotics for 3-4 weeks.

Your Team



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Reach Out!

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