



GRAFTING SURGERY – PATIENT INSTRUCTIONS

BEFORE SURGERY

- The following instructions are aimed at reducing the risk of complications and to make the days after your surgery easier, more comfortable and with fewer complications.
- **BE PREPARED** – ensure you have the following **BEFORE** your surgery:
 - The recommended analgesics (Ibuprofen & Paracetamol)
 - The necessary soft foods and/or food supplements.
 - Received and filled your prescriptions (antibiotics, sedative etc.).
 - Two ice packs, to allow you to alternate the packs and aid with you recovery after surgery
 - The recommended nasal decongestant (Otrivin®) – *ONLY for those having sinus-grafting surgery.*
- **REMEMBER** -
 - Start taking your antibiotics **24 hrs** before the surgery as instructed.
 - Start rinsing with a chlorhexidine rinse (Savacol®) **24 hours** before surgery. Rinse with 15ml twice daily (12 hours apart) for 2 min each time. Try to rinse about 1 hour after tooth brushing.

AFTER SURGERY

- **EXPECTATIONS**
 - You can expect some postoperative pain, swelling and bruising.
 - Take it easy, avoid exercise on the day of surgery
- **THINGS YOU SHOULD DO**
 - Keep your head elevated above your body (do not lie flat).
 - It is important to maintain adequate diet and hydration. Soups, fruit juices and any soft foods (pasta, ice cream, boiled potato/rice etc.) are recommended. Liquid food supplements can also assist.
 - Complete the course of antibiotics as prescribed.
 - Continue using the mouth rinse (Savacol®) twice daily (12 hours apart) rinsing for 1 min each time using 15ml. Try to rinse about 1 hour after you brushed your remaining teeth.
 - Apply an ice pack as soon as possible after the surgery, with firm pressure for 20min to the facial area over the surgical site. Then remove ice pack for 20min. Continue this cycle for the following 8-12 hours.
 - Continue using the recommended analgesics as prescribed (Ibuprofen 200mg and Paracetamol 500mg).
 - Use the recommended nasal decongestant - Otrivin® nasal spray 2-3 times daily
- **THINGS YOU SHOULD NOT DO**
 - AVOID strenuous activity for the first 2 days post-operatively.
 - AVOID very hot food/drinks and alcohol for the first 24 hours.
 - DO NOT chew on the wounded area until otherwise instructed.
 - Moist heat (wet cotton towel) application **SHOULD NOT** begin until 24hrs post-surgery. Hold this against the facial area for 30 min as frequently as desired. Application of heat during the first 24 hours after surgery results in increased bleeding and swelling.
 - DON'T wash your mouth forcibly with the mouth rinse
 - DON'T bite your lip or tongue while numb and try not to play with the wound or sutures
 - AVOID blowing your nose or sneezing (try open mouth sneezing instead) for 2 weeks
- **THINGS TO WATCH OUT FOR & COMPLICATIONS**
 - Grafting surgery is associated with a low risk of complications. No surgical procedure however, is risk free.
 - Infection: Although rare, infections of the surgical wound can occur. It is important to follow the post-operative care instructions carefully and keep your teeth clean. Signs of infection maybe increasing pain, swelling, bad taste or smell.
 - Bleeding: minor bleeding from a localised area during 1st 12-18hrs can be managed with firm finger pressure to a moistened gauze pad for 15min. If unsuccessful pressure is applied using a tea bag or gauze soaked in tea.
 - A harmless superficial discolouration of your teeth may occur with prolonged use of products containing Chlorhexidine (Savacol®). This can be removed at your next tooth cleaning appointment.

If you suspect you have an infection please contact the surgery on (07) **3221 9363**.