



PATIENT INSTRUCTIONS - GRAFTING SURGERY

The following instructions are aimed to make the following few days after surgery easier, more comfortable and with few complications.

BEFORE SURGERY

BE PREPARED

- **Ensure you have received & filled your prescription 24hrs prior to surgery**
- **Ensure you have two ice packs to aid with recovery after surgery**
- Ensure you have the recommended analgesics (*Ibuprofen e.g. Brufen, Nurofen, Advil, Heron Blue & Paracetamol e.g. Panadol*)
- The necessary soft foods and/or food supplements
- The recommended nasal decongestant (*Otrivin®*) – **Only for those having sinus-grafting surgery**
- Please cease smoking at least 24 hours prior to surgery.

REMEMBER:

- **Start taking your antibiotics 24hrs prior to grafting surgery. Ensure you maintain a normal diet when taking antibiotics.**
- **Start rinsing with a Chlorhexidine mouthrinse (e.g. Savacol, Plaqacide, Difflam®) 24hrs prior to grafting surgery. After thoroughly rinsing toothpaste out with water after tooth-brushing, rinse with 10-15ml Chlorhexidine twice daily (12 hours apart) for 1 min each time.**
- **Please refer to the relevant additional instructions if your procedure is to be carried out under oral sedation / anti-anxiety medication or general anaesthesia**
- **Your prosthesis (denture) may require adjustment & /or relining post-grafting. You may be instructed to leave your prosthesis out for a few days post-grafting surgery.**

AFTER SURGERY

Expectations:

- You can expect moderate post-operative discomfort / pain
- Mild-to-moderate swelling & bruising near the area of surgery can be expected in the following 2-3 days and is normal.

Things you should DO:

- Continue taking your course of antibiotics as prescribed by your Periodontist.
- Keep your head elevated above your body (do not lie flat) for 2 days after surgery.
- Clean (brush & floss) the rest of your mouth as normal. It is very important to keep your mouth clean during the healing phase.
- Use the prescribed Chlorhexidine mouthwash (e.g. Savacol, Plaqacide, Difflam) twice daily. Thoroughly rinse toothpaste out with water after tooth-brushing, prior to rinsing with mouthwash. Gently rinse with 10-15ml for one minute each time. Do not dilute the mouthwash; and do not swallow it.
- Apply ice packs to the face immediately post-surgery for 20min then remove for 10min. Repeat this cycle for the next 24hrs. This will help to reduce the amount of swelling.
- Take your pain medication (e.g. Panadol, Panadeine or Nurofen) as prescribed by your Periodontist. You should maintain a normal diet when taking pain medication.
- Eat soft foods for the first 24 hours. 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.
- Use the recommended nasal decongestant - *Otrivin®* nasal spray 2-3 times daily – **only for those instructed after sinus-grafting surgery.**





Things you should NOT DO:

- Wear your dentures unless instructed by your Periodontist.
- Chew directly on the wounded area until otherwise instructed.
- Consume hot food / drinks while you are numb.
- Bite your lip or tongue when they are numb.
- Brush the surgical area.
- Drink alcohol for 48hrs after surgery
- Play with the wound or stitches with your tongue.
- Smoke - the longer you can go without smoking the faster the healing will proceed.
- Strenuous activity for 48hrs post-surgery.
- Blow your nose or nose sneezing (try open mouth sneezing instead) for 2 weeks – **only for those having sinus-grafting surgery.**

Things to watch out for & Complications:

Grafting surgery is associated with a low risk of complications. No surgical procedure however, is risk free.

Bleeding - Bleeding may continue for several hours. Pink or blood tinged saliva may be seen and does NOT indicate a problem. It is normal to have a slight bleed after the local anesthetic wears off. Bleeding should be evaluated by looking at the surgical site. If you have any significant bleeding, then place a wet pack (e.g. damp gauze or clean handkerchief) over the wound and apply firm pressure for 15-20 minutes. Rest with head elevated. If bleeding continues then repeat compress for 20min. If bleeding persists please contact the surgery.

Persistent Swelling - Swelling will not become apparent until the day following surgery and will not reach its peak for 2-3 days. After this time, swelling should decrease but may persist for up to 7-10 days. Immediate use of ice packs will minimize swelling. Swelling usually decreases after the first 2-3 days. If there is no sign of improvement, after the first 2-3 days, please contact the surgery.

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 may include: increasing pain, increased swelling, bad taste or smell. If there is no sign of improvement, increasing pain and swelling or increased temperature or general tiredness after the first 2-3 days, please contact the surgery.

Wound Dehiscence - refers to a wound healing complication where wound edges no longer remain closed. Mild forms require no surgical intervention and are largely managed conservatively. More extensive wound dehiscence may require further surgical intervention. It is important to follow all post-operative instructions carefully especially relating to placement of your provisional prosthesis (denture) and chewing on the surgical site.

**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.*

Please contact BCPI reception on 07 3221 9363 if you suspect you have a complication or if you have a concern or query.