

# ASSOCIATES IN DENTISTRY

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## IMPLANTS & *General Dentistry*

### **Post Operative Instructions: Bone Grafting and Tissue Grafting**

1. After appointment take 500 mg Tylenol and 400 mg Ibuprofen every 4 hours for the next 5 days. If antibiotic is prescribed finish entire course as instructed. Apply ice to surgery side of the face for 20 minutes then let rest for 20 minutes then repeat to reduce swelling. After 24 hours stop ice and apply heat (moisten a face towel / microwave for 60 seconds) Apply to face for 20 minutes then let rest for 20 minutes then repeat.
2. If bleeding continues to occur use the sterile gauze provided to you at your visit or a black tea bag apply gentle pressure to bleeding site for 10 minutes, repeat if still bleeding.
3. Gently bathe area for the first week in warm water and **raw** honey. **DO NOT USE WATERPICK OR MOUTHWASH OF ANY KIND.** (ex: Scope, Listerine)
4. Do not floss until instructed otherwise. This could interfere with healing.
5. Avoid brushing site until instructed otherwise. **DO** continue brushing other areas of the mouth, and maintain good oral hygiene.
6. Stay away from hot beverages and drinking from a straw.
7. Diet—Avoid eating on the treated side if possible. A liquid diet is recommended during the first two days. Instant breakfast, Ensure, fruit juices, and warm soups can be eaten for initial meals. Soft foods should be eaten until you feel ready to go back to your regular diet. Eggs, cottage cheese, ground meat, bananas, cooked fish, cereals, and whole wheat bread are some recommendations. Vitamin C aids healing, therefore, fresh orange juice and/or tomato juice are good for your diet at this time.
8. An appointment will be made for you one week from your procedure to check your healing progress.

If you have any questions or concerns prior to your surgery, please give the office a call at 860-745-2712. We look forward to working with you

Always Smiling,

*The Team at Associates in Dentistry*