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**GENERAL POSTOPERATIVE INSTRUCTIONS FOR BONE AUGMENTATION
AND SINUS LIFT SURGERY FOR DENTAL IMPLANTS**

1. The single most important thing to do after surgery is to rest and limit your activities for a few days. If you are having a single area of grafting, you may be able to return to normal activities the day after surgery. If you had multiple areas of grafting, you may prefer to take a few days off from work.
2. You should expect moderate swelling and mild to moderate discomfort after this procedure. There may also be some discoloration. Swelling may not be noticeable until the second 24 hours after surgery and will not usually peak until 72 hours after surgery.
3. We will provide you with a cold pack to place on your face adjacent to the surgical site(s) immediately after surgery. Keep this cold pack in place in 15 minute intervals on and off for the first 5-12 hours. Cold will help only in the first 24 hours after surgery. You can also make a cold pack by placing ice in a plastic bag wrapped with a light weight towel or cloth. The cold will reduce later swelling. It is advisable to also gently rinse your mouth with cold water every 30 minutes during the first 5 to 8 hours after surgery. Swelling will gradually increase over the first few post-operative days and generally peak around three days postop.
4. You will take an antibiotic () after the surgery. Take the antibiotic as the label directs.
5. Comfort will be maintained by taking your pain medication(s) () as prescribed, especially the first three days. Even though a narcotic analgesic may have been prescribed, Dr. Ross recommends the use of ALEVE (naproxen) if you are able to take it (1st day: 1 tablet ASAP, 2nd tablet 3 hours later; 3rd tablet 6 hours after 1st, 2nd and 3rd day follow directions on bottle).

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6. There is usually only a minimal amount of bleeding following surgery. If you notice a small amount of bleeding from the area, rinse gently with cold water. If bleeding continues, you may place a damp gauze, damp paper towel, or damp tea bag over the area and apply pressure for at least 20 minutes directly to the area of bleeding. If significant bleeding persists call the doctor.

If you have had sinus lift grafting completed, you may note mild nasal bleeding in the first day or so. Avoid vigorous blowing of your nose after sinus lift grafting. If you have any persistent post nasal drainage after the first few days, please call the office.

7. Keep the surgical site clean by rinsing or swabbing with the prescription chlorhexidine rinse (Peridex or Periogard). After the initial two week healing period, we will instruct you on how to clean the implant site at that time.
8. Diet and nutrition are very important. Eat a normal balanced diet. Care should be taken to gently rinse food from around the surgical site after eating. If you have natural teeth in the area of the mouth affected by the surgery, you can eat normally on those natural teeth. As soreness disappears, you will gradually be able to chew more normally.
9. Alcoholic beverages and cigarette smoking seriously retard the healing process in the mouth. It is best that you have no alcoholic beverages the first ten days and avoid cigarette smoking.
10. If sutures (stitches) loosen or if the gum appears to open, it is very important that we see you as soon as possible to inspect the area. Do not hesitate to call us if you have any questions about healing.
11. You will be given an appointment to remove stitches (sutures) 1-2 weeks after surgery. Appointments should be kept as scheduled. Delay in removing sutures or missing your postoperative appointments will delay healing. If you normally take an antibiotic premedication before dental appointments please be sure to take it at your next appointment.
12. If you had a non-absorbable Gore-tex type barrier placed with the graft, it may need to be removed in 6-12 weeks if it is exposed in any fashion. Failure to follow the postoperative appointments scheduled can result in losing the graft if Gore-tex is exposed early and not detected due to lack of postoperative appointment compliance.