

# Facial Spectrum, Inc

*Facial & Cosmetic Surgery*

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## POST-OPERATIVE INSTRUCTIONS FOR BONE/GUM GRAFT AND DENTAL IMPLANT PATIENTS

1. If you are discharged from the office with gauze packs in your mouth; the packs may be removed upon your arrival home. If bleeding seems excessive, place another gauze over the area and bite firmly, exerting a constant pressure for 30 minutes. Do not rinse mouth for the first 24 hours following surgery and until all bleeding has stopped.
2. It is important to keep up fluid intake. Fluid should be taken as soon as possible, at least two (2) quarts the day of surgery.
3. Place an ice bag to the face in the area of the surgery for the first 24 hours following surgery. Apply the ice for 30 minutes and then remove it for 30 minutes. You may discontinue the use of the ice the day after surgery.
4. The day following surgery, rinse your mouth very gently with warm salt water (one-half teaspoon in a glass of water). This will aid healing and prevent offensive mouth odors. Brush teeth – a clean mouth will reduce the possibility of infection.
5. Do not become alarmed regarding swelling or discoloration (bruising) of the face that may occur following surgery. A slight temperature rise the day following surgery may also be evident. There may be an elevation of temperature (98.6F to 100.F degrees) for the first 48 hours after surgery. Be sure to drink an adequate amount of fluid. If your temperature is higher or continues, call his office.
6. Soft foods are advisable the first several days after surgery. Fluids in the way of water, Gatorade, ice cream, soups and foods mixed in a blender will supply adequate nutrition and calories during the healing stages. Avoid chewing on bone graft or implant(s) until instructed to do so.
7. When your lips and the corners of your mouth are stretched, they become dry and crack. The use of Vaseline ointment will help minimize this condition.
8. Smoking has been shown to delay healing in the mouth and should be eliminated if at all possible during the early healing phase (first 2 weeks).
9. It is essential that your denture or partial not be placed in your mouth until the doctor permits you to do so.
10. Be certain to take the antibiotic and pain medication as prescribed and return to this office as directed for post-operative treatment.

For routine questions, call the office between 9:00a.m. and 5:00 p.m. In an EMERGENCY, call anytime – day or night, 816-524-4334.

Your next appointment is: \_\_\_\_\_