



HOWARD COUNTY

Oral & Maxillofacial Surgery

Dr. Paul A. German & Dr. Jean-Luc Niel

www.howardcountyoralsurgery.com

410-997-5826

After Placement of Dental Implants & Bone Grafts

Bone Graft & Implant Post-Operative Instructions

Sometimes the after-effects of oral surgery are quite minimal, so not all of these instructions may apply. Proper home treatment is exceedingly important, and our interest in your case does not cease with the completion of the operation. If any difficulty arises after your dismissal, do not hesitate to contact the office.

Patients who receive general anesthesia should return home from the office immediately upon discharge. Refrain from driving or operating any machinery for 24 hours.

Patients will return to office in 2-3 weeks for suture removal and 6 weeks following the surgery appointment for a post-operative x-ray. No chewing on the surgical site for 6 weeks!!!

Bleeding/Oozing: Some oozing of blood is to be expected for the first 24 hours. Gauze has been placed in the extractions area(s) and should be changed every 30 minutes for 2 hours or until the bleeding stops. **Please remove ALL gauze and tea bags while eating and drinking and then replace. Do not sleep with gauze or tea bags in your mouth.**

Do not rinse vigorously or probe the area with any objects, fingers, or your tongue.

Do not drink through a straw for the first 7 days.

Do not smoke for at least 7 days after the surgery.

Do not swim with head under water for 7 days.

Do not exercise for 5 days after the surgery.

Diet: Avoid hot foods (thermal) for the first 6-8 hours after surgery or until the numbness has worn off. Diet may consist of soft foods, which can be easily chewed and swallowed. Confine the first day to softer foods such as, mashed potatoes, macaroni and cheese, and soups. Crunchy, chewy, or grainy foods should be avoided. Over the next several days you can progress to solid foods at your own pace but still avoid small foods such as peanuts, popcorn, and sesame seeds for the next 4 – 6 weeks.



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Pain/Medications: Unfortunately, most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. Follow the instructions on the prescription for either your pain medication or antibiotic. **If you need a refill of the pain medication, please call during office hours, because we are unable to call in prescriptions for pain medications.**

Nausea: Nausea is not an uncommon event after surgery, and it is sometimes caused by stronger pain medications. Having something to eat and drink before taking the medication will help with the nausea. Nausea can also result from swallowing blood which is common for the first 24 hours following surgery.

Ice/Heat: Swelling may be minimized by the immediate use of ice packs. Baggies filled with ice, or ice packs should be applied to the side of the face where surgery was performed. Use the ice 30 minutes on and 30 minutes off for the first 48 hours only (during the hours that you are awake). After 48 hours of ice, moist heat should be applied to the area until all swelling is gone. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery.

Rinsing: Starting the day after surgery, you must rinse the area out using warm salt water. Continue to rinse with warm salt water at least 5 times daily until the area is healed. (1tsp salt to 8oz of water)

**** If the numbness hasn't worn off after six hours, please call the office to notify the doctor as soon as possible.***