



MISSION PARK DENTAL

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POST OPERATIVE CARE FOR BONE GRAFTING AND IMPLANT PLACEMENT

Some degree of post-operative bleeding and discomfort is to be expected. Swelling usually peaks on the 3rd to 4th day after surgery. Following the instructions mentioned below will reduce the chance of complications.

- Bite on gauze firmly for 30 mins after surgery and then discard.
- If bleeding persists, change the gauze or apply a cool moist tea bag to area.
- Apply cold compress (ice) intermittently for the first 3 days after surgery to reduce swelling.
- Take medication as prescribed.
- **DO NOT SPIT OR SUCK ON A STRAW (create negative pressure) FOR ONE WEEK.** Doing so may dislodge the blood clot from the area and compromise healing.
- **DO NOT SMOKE FOR ONE WEEK FOLLOWING SURGERY.**
- Do not touch area with toothbrush or tongue. You may begin to brush area **GENTLY** in 1 week.
- Rinse mouth and surgical area gently with warm salt water or prescribed mouthwash for 2 WEEKS (avoid commercial mouthwashes containing alcohol).
- Prop head up on a few pillows when sleeping to help reduce swelling for first 3 days.
- Avoid physical activity or exertion for 1 week after surgery.
- Eat a soft food diet for 2 weeks eg) meal replacement, scrambled eggs, yogurt, shakes. Do not eat anything hot, spicy, hard or crunchy and avoid chewing over surgical area.
- If you were prescribed oral sedation medication, do not drive, operate heavy machinery or make important decisions for 24 hours after surgery.
- Return for follow up appointment to check for healing and removal of sutures in 3-4 weeks.

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