

POST OPERATIVE INSTRUCTIONS FOR RIDGE AUGMENTATION BONE GRAFTING

You must follow the prescribed medication protocol which will usually consist of:

- Vitamic C: 1500mg per day, starting 5 days before surgery and continuing until suture removal.
- Dexamethasone 4mg: 2 tablets with breakfast on the morning of surgery (unless you are having intravenous sedation in which case you will receive intravenous Dexamethasone), followed by 2 tablets with breakfast on the first and second days after surgery.
- Amoxicillin 500mg: 2 tablets with breakfast on the day before surgery, then 1 tablet 3 times per day after surgery until the course is completed. If you are allergic to Amoxicillin or Penicillin a different antibiotic will be prescribed.
- Panadol or (Panadeine FT if required): 1--2 tablets every 6 hours after surgery as long as required, not exceeding 8 tablets per day. After the first day, if your pain is not severe, cease Panadeine FT as it makes you drowsy.
- Nurofen or Ibuprofen 200mg: 1-2 tablets every 6 hours will also add extra pain control as well as reducing inflammation for the first few days after surgery. This can be taken in addition to, or alternating with, Panadol or Panadeine FT. Do not exceed 8 tablets per day.

You must follow the following instructions for a minimum of 7 DAYS after surgery, or until your suture removal appointment (14 DAYS):

1/ Do not blow your nose.

2/ Do not smoke or use smokeless tobacco. It is strongly advised that you avoid smoking for 1 week pre-op and 3 weeks post-op, with aid of Nicotine patches if required. This will dramatically improve your healing & prognosis.

3/ Do not drink liquids through a straw.

4/ Do not lift or pull on your lip to look at the sutures (stitches).

5/ Do not rinse your mouth for 24 hours. Following this, rinse very gently with:

- luke warm saltwater 4 times per day
- Savacol (or chlorhexidine) mouthwash 3 times per day

6/ Do not use ice packs over the grafted site as this places pressure on the graft in its early stages. However if there is a separate site that acted as a donor for the graft (such as the chin or back of the jaw), you can use ice packs in that region for the first 24 hours to help reduce swelling, 20 minutes on and 20 minutes off.

7/ If you must sneeze, then do so with your mouth open to avoid any unnecessary pressure buildup.

8/ Maintain a soft nutritional diet, preferably supplementing with Vitamins, and keeping away from the grafted site.

9/ If you have dentures that sit over the area, do not use them unless they have been adjusted for the graft, and according to our instructions.

10/ If you notice the grafted site or suture line (where the stiches are) opening at all, please advise us as this may need correcting immediately.

11/ Sleep with your head slightly elevated, preferably on your back and not on the side of your face that received the graft.

12/ Avoid excercise or vigorous activity.

Concerns or queries after hours can be directed to Dr Misagh Habibi on 0401677975