

# Post-operative Instructions: Ridge Augmentation

## ➤ Ridge Augmentation

- This means a bone graft to build up your jaw bone. Expect more swelling and discomfort with this procedure compared to other dental procedures. Often the space for your bone graft was secured using tiny metal tacks or screws to hold a membrane over the graft like a tarp. If you have swelling, that comes from stretching the gum and cheek tissue to cover the graft. Research shows that post-operative infections occur on average after 1/50 oral surgery procedures. Take your antibiotic Rx until gone. Any infection does not usually manifest until 1-2 weeks after the procedure and will be treated as necessary.

## ➤ Right After Surgery

- Please do not smoke after surgery! It delays wound healing. Smoking increases the risk that your procedure may fail. Alcohol consumption should be minimized, especially if you are taking Tylenol/acetaminophen as part of your pain control regimen.
- Cold or ice packs applied to your face with steady pressure will decrease swelling and pain. Apply 15 min on, 15 min off.
- Rest and light exercise are good, but avoid heavy exertion and keep your head elevated to minimize bleeding and swelling.
- It is very tempting to play with suture tails with your tongue. Leave the stitches alone so they do not fall out too early.

## ➤ Medications

- To manage pain & swelling take ibuprofen 600mg + 500mg acetaminophen (Tylenol) every 4-5hr, unless you have a medical reason you cannot take NSAIDs.
- If prescribed a rescue opioid, take as needed without changing the Tylenol+ibuprofen regimen.
- Maximum daily dose: Do NOT exceed total of 3,200 mg Tylenol or Ibuprofen per 24hr to avoid organ damage.

## ➤ Diet

- Soft foods - Avoid hard or crunchy foods (popcorn, chips, cereal, candy, seeds, nuts, etc.).
- Balanced nutrition is important for good recovery. What can you eat?
- Smoothies, soups, oatmeal, yogurt, eggs, tofu, soft meatloaf, soft noodles, mashed potatoes, hummus, cottage cheese, boneless/soft fish, avocado, bananas, applesauce, soft ice cream, etc.
- Stay hydrated after surgery. Avoid very hot liquids. Warm is OK. Avoid sucking through a straw the first few days.

## ➤ Oral Hygiene

- Continue to brush and clean between the teeth but avoid the surgical area until your follow-up appointment.
- Gently swish with the chlorhexidine rinse for 30-60 sec AFTER brushing, then spit. Then don't eat for at least 30 min.
- Please continue your professional maintenance program uninterrupted. Your hygienist will be careful with the surgical site. The rest of your mouth still needs the regular professional cleaning

## ➤ You May Experience

- Minor bleeding that gives saliva reddish color. You may want to cover your pillow with a towel the first night. A little bleeding is normal. It usually stops when you place a wet gauze or wet paper towel and hold pressure. A wet tea bag (black) held against the bleeding site can also help a clot to form. Call Dr. Tullis if you have heavy bleeding that does not stop after holding pressure.
- Swelling is normal but should decrease after a few days. Bruising on your face may occur.

For further questions, call Dr. Tullis at (719) 475-9023 (business hrs). Your take-home packet has Dr. Tullis' cell number in case of emergencies.