

## **POST OP INSTRUCTIONS**

### **SMART BONE GRAFTING**

- Expect swelling to last from 5-10 days
- Apply cold to the area for the first 48 hours
- Apply heat thereafter
- Avoid strenuous physical activities for the first 48 hours
- Avoid brushing in the area
- Do not pull your lips or cheeks
- Do not touch area
- Chew on the opposite side
- Sleep on the opposite side
- There may be possible bruising or swelling

### **RX AFTER SMART BONE GRAFTING PROCEDURE**

- Antibiotics - take as prescribed
- Analgesics (pain control and anti-inflammatory) - Naproxen, Tylenol and/or Ibuprofen as needed for discomfort
- Narcotics (stronger pain control) - every 3-4 hours as needed for pain if anti-inflammatory does not control pain
- Antibacterial (wound healing) - Periogard Rinse: Use twice a day; after breakfast and before bed

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