



## POST OPERATIVE INFORMATION ALVEOLAR BONE GRAFT

Please call 202-444-9302 to schedule your post-operative appointment or if you have questions during office hours (8:30-5:00). Many patients are seen by our Nurse Practitioner, Christina Barra, during their first post-operative appointments if Dr. Baker is unavailable. You may also call her at 202-444-7962 if you have questions. She returns phone calls at the end of each clinic day. If you need a call sooner you can call Dr. Baker's assistant at 202-444-9302 and she can route your call accordingly.

### **Post Operative Care:**

Patient should be encouraged to drink fluids. Swelling peaks at 24-48 hours after surgery. Patient should be encouraged to ambulate early and often to reduce swelling. Patient should with his/her head elevated to decrease swelling. Dissolvable stitches are placed in the mouth. The patient should avoid anything that might traumatize the stitches. Pain in the gums, cheeks, and hip is normal. Please take the pain medications as prescribed to avoid peaks in pain.

### **Eating:**

Diet should be limited to clear liquids immediately after surgery. After several cups of clear fluids are tolerated, advance to full liquids for 10 days. Avoid acidic and spicy foods. The following foods are appropriate: pudding, yogurt, ice cream, Ensure, protein shakes and instant breakfast drinks. After 10 days, soft solids such as pasta, scrambled eggs, and mashed potatoes may be eaten.

### **Graft Site Care:**

The patient should not brush the teeth for one week. After one week, the patient may begin brushing the lower teeth. The mouth may be rinsed with water as needed. The mouth should be rinsed with Peridex Oral Rinse or a 50% water and 50% hydrogen peroxide mixture after meals. A Water Pik may be used 4-6 times daily with 250-300 cc of water. The lower teeth may be gently brushed and flossed. Carmex or Vaseline should be applied to the lips after oral care. Stitches will begin to dissolve 1-2 weeks after surgery, but they may take up to 3 weeks to dissolve. Two to three weeks after surgery, the upper teeth may be gently cleaned but the graft area should be avoided. The graft area may be gently cleaned 4-6 weeks after surgery.

### **Hip Donor Site Care:**

Remove the outer clear bandage after 3 days. The occlusive dressing or steri-strips should be left in place for 10 days. Showering is okay after surgery but avoid baths, pools, or hot tubs for 14 days. The sutures are dissolvable and do not need to be removed.

### **Activity:**



# MedStar Georgetown University Hospital

**Stephen B. Baker, DDS, MD, FACS**  
*Professor & Program Director, Plastic Surgery*  
*Specializing in Aesthetic and*  
*Reconstructive Craniomaxillofacial Surgery*  
**Department of Plastic Surgery**

Only quiet activity is allowed for the first few days. No sports or recess for approximately 4-6 weeks.

**Call the office if you notice the following:**

- Increased bleeding, pain, or continued vomiting
- Wound drainage or separation of wound edges
- Fever over 101 degrees
- Signs or symptoms of infection
- Signs or symptoms of dehydration
- Difficulty breathing
- Bright red blood
- Pain that is not made tolerable by the pain medication