



**Post-Operative Instructions**  
**Oral Bone Grafting Surgery**

*Please read your instructions carefully and call with any questions.*

**Position** When reclining, elevate your head and back with several pillows for the first 1-2 days after surgery. Lie on your back, rather than on your sides or stomach.

**Breathing** It is extremely important that you take deep breaths after surgery to prevent from developing pneumonia, which is a common occurrence after surgery if breathing exercises are not followed properly. A good example is to take 10-20 deep breaths every hour, while you are awake, as well as encouraging yourself to cough.

**Ice** Ice packs or cool damp wash cloths should be applied on or around the treated areas, especially over the eyes and cheeks. This will lessen the amount of swelling, bruising, and pain. If no bandages are present, place a cloth between the skin and the ice pack to protect the skin. Use ice for up to 45 minutes out of each waking hour for the first 24 hours. An easy schedule to follow is 20 minutes on and 20 minutes off.

**Heat** You may begin heat packs 12 hours after ice packs are stopped. If no bandage is present, a moist towel should be placed between the skin and the heat source. The moist heat will increase the circulation and help the body rid itself of swelling and bruising. **DO NOT** heat continuously. Use heat a maximum of 20 minutes per hour. The temperature should be closely monitored, **NEVER** set an electric heating pad above a medium setting. Any numbness in treated areas make it possible to burn your skin without knowing. To prevent serious injury from your electric heating pad **BE CERTAIN** it is approved for use with moisture. Heat may be used until the swelling and bruising have resolved.

**Diet First Day:** A clear liquid diet is recommended.

**First Week:** A liquid diet should be followed. **ABSOLUTELY NO CHEWING.** You may eat anything that does not require chewing.

**After one week:** The physician will examine the healing process and advise you as to when you may slowly resume your regular diet. The liquid diet may be necessary for an extended period.

**Activity** (I) During your first post-operative day, stay up as much as possible. You should sit, stand, or walk around rather than remain in bed. However, you should rest when tired.

(II) Avoid bending over or lifting more than 5 pounds during the first week.

(III) Take extra precaution to protect your head and neck from bumps, hits or injuries.

**Other** Begin oral hygiene three days after surgery. Brush any teeth with a gentle brush only, and use the prescribed antibiotic mouth rinse **Peridex** to help clean and freshen the mouth, rinsing 4-5 times daily.

Your surgery was accomplished by an incision inside your mouth. Do not disturb sutures with your tongue. The only care necessary for intra-oral sutures is the mouth rinse, described above. Do not use water picks at this time.

If you have partial or complete dentures, do not wear them after surgery until approved by your doctor.

**Sports** No swimming, gym, or strenuous activities for two weeks. No diving, biking or skiing for two months. Passive exercise is permitted, like walking. Any other questions should be directed to your surgeon.

**Medications Pain Reliever:** take one tablet when you arrive at home. Additional tablets may be taken every 4-6 hours as needed

*Envision. Entrust. Embark.™*

*Fellow American College of Surgeons • Diplomate American Board of Oral and Maxillofacial Surgery*  
*Board Certified American Board of Cosmetic Surgery • Fellow American Academy of Cosmetic Surgery*



## VISAGE SURGERY CENTER

Oral & Maxillofacial Surgery  
Facial Cosmetic Surgery

FAISAL A. QUERESHY, MD, DDS, FACS, INC.  
BOARD CERTIFIED • MEDICAL DIRECTOR

for pain relief. **CAUTION:** Do not drive or operate machinery while taking pain relievers. Take with food or liquid to avoid nausea.

**Sleep Medications:** if prescribed, take one tablet 30-45 minutes prior to bedtime.

**Antibiotics:** if prescribed, take them as indicated on the bottle and complete the full course of pills until finished.

**Aspirin:** avoid taking aspirin or aspirin containing compounds during your first week after surgery.

**Anti-swelling:** (dexamethasone) if prescribed, take one tablet when you arrive home, and then again the first evening.

The remaining tablets should be taken over the next two days. These will help to reduce the amount of local swelling.

### **PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE:**

Sudden or excessive bleeding, swelling, or bruising.

Any itching, rash or reaction to medications.

Fever, temperature over 100 degrees (taken orally).

Discharge or odor from the mouth or oral incisions

ANY INJURY TO THE MOUTH OR FACE.

*Faithful adherence to pre-operative and post-operative instructions will help to minimize swelling, pain and discomfort. If you do have any problems, **please** do not hesitate to contact me for assistance. (330.721.2323).*

**I have received/read and understand the importance of following the above instructions.**

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

*Envision. Entrust. Embark.™*

*Fellow American College of Surgeons • Diplomate American Board of Oral and Maxillofacial Surgery  
Board Certified American Board of Cosmetic Surgery • Fellow American Academy of Cosmetic Surgery*

3591 Reserve Commons Drive • The Keystone Building, Suite 300 • Medina, Ohio 44256 • 330-721-2323 • Fax 330-721-1344  
www.visagefacialsurgery.com