

## **Immediate Post-Operative Care of Bone Graft Surgery**

For the patients of Dr. Robert Alvarenga

- Keep your head elevated above your heart for the next 24 hours. Use an extra pillow when lying down.
- Avoid strenuous (aerobic) activity for at least 5-7 days.
- Keep ice pack wrapped in a paper towel or wash cloth on face for 20 minutes on and 20 minutes off for as much as possible for first 24 hours.
- Take 600mg Ibuprofen every 6 hours for 3 days for pain and swelling. Also take prescription pain medicine if needed for pain. Finish antibiotic if given a 7 day course. The pain could peak on the 5<sup>th</sup> to 7<sup>th</sup> day.
- Liquid diet for today and tomorrow soft foods for 10 days. Soft foods include well cooked pasta, yogurt, soup, soft bread, soft cereal, eggs etc.
- Avoid alcohol for the next 24 hours and smoking for 10 days. Alcohol can increase bleeding and smoking can effect healing.
- Do not brush, floss or rinse for the next 24 hours.
- Starting tomorrow you may brush and floss avoiding the surgical site for 10 days.
- Start rinsing with Peridex after 24 hours and use it twice a day for 10 days.
- All sutures are dissolving and will come out on their own. Please do not remove sutures yourself.
- If you experience any bleeding you can apply pressure to the site for 10 minutes with gauze.

Please call if you have any uncontrolled bleeding, pain, swelling or suspect an infection.  
(Warmth at surgical site, gland tenderness or fever)

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