

Bone Graft Surgery

INFORMATION SHEET FOR PATIENTS UNDERGOING SINUS LIFT SURGERY



BEFORE YOUR OPERATION

You should arrange to have your teeth scaled and polished by your hygienist or dentist. This may require more than one visit and you should aim to have completed your last visit about two weeks before your bone graft surgery. It is important for the success of your implant treatment that any gum (periodontal) disease is managed

Start using Corsodyl Daily (chlorhexidine) mouthrinse about two days before your surgery. This can be purchased from any pharmacy and should be used as directed twice each day



AFTER YOUR OPERATION

MOUTH CARE

- Rest for a few hours, but you do not have to lie down
- Choose cool drinks and soft foods. Avoid hot fluids, alcohol, hard or chewy foods
- Do not rinse your mouth for about six hours but start using Corsodyl Daily mouthrinse again 24 hours later and continue for about one week. This will help to maintain good oral hygiene and prevent infection of the wound in your mouth. You should also brush any teeth as soon as is possible after surgery using toothpaste in the usual way
- Should the wound start to bleed, apply a handkerchief compress. Hold this firmly against the bleeding point for 5-10 minutes or longer if necessary whilst sitting up. Take off the compress and check whether the bleeding has stopped. If it hasn't, use a fresh compress. If you cannot stop the bleeding yourself, please telephone the Hospital
- Pain and any swelling should start to settle in three to four days
- Sometimes small white hard particles come through the wound before it heals into the mouth. These are excess particles of the bone graft material and this does not compromise your surgery
- Stitches (sutures) usually dissolve and fall away after about 10 days

NASAL SPRAY

- You may have been prescribed a nasal spray or drops. Use these as directed

DENTURE WEARING

- Following the bone graft operation, most patients should not wear their denture for several days or even up to two weeks. The length of time varies according to the precise procedure and you will be advised about this. When the denture is worn again, this should be for essential only use during the day only. The denture must not be worn during sleep.

SCAR

- A scar inside your mouth is an unavoidable result of this surgery but this will not be obvious to anyone except yourself and your dentist.

PAIN RELIEF

- Usually a local anaesthetic is injected into the area whilst you are asleep with the general anaesthetic so the area will be numb and pain free when you wake up. You will then be given appropriate painkiller whilst in hospital and painkillers to take home. Any pain or soreness can be relieved by taking the prescribed medication. If none was prescribed, take tablets such as paracetamol (Panadol) two 500mg tablets every 4-6 hours as required (8 tablets maximum in 24 hours) or ibuprofen (Neurofen) two 200mg tablets every 4-6 hours as required (twelve 200mg tablets maximum in 24 hours)

SMOKING

- Do not smoke

SINUS

- Placing bone graft material into the lower part of your sinus via an incision in your mouth does not change the way that your sinus normally works and does not cause sinusitis