

Post-operative Instructions Symphyseal (Chin) & Ramal Graft to Maxilla/Mandible

Food & Beverages

- Remain on a very soft or pureed diet until informed otherwise
- Keep hydrated (drink lots of fluids)
- Do not drink alcohol for 24-48 hours after surgery

Medications

- The doctor will give you a prescription for a pain reliever and antibiotics

Swelling/Bleeding

- Swelling is common after this surgery for one to two weeks. For the first 48 hours place an ice pack on your cheeks/chin area for 10-20 minutes every two to three hours (do not put ice in direct contact with the skin)
- After 48 hours, switch to moist heat instead, like a warm cloth
- Make sure when you are sleeping that your head is elevated for the first few days after surgery (we suggest using an extra pillow)
- You may have some minor bleeding in the graft area and this is normal
- Also you may experience some minor bleeding from your nose for the first three to five days after your surgery.
- If this actively persists it should be evaluated. Please contact your surgeon immediately.

Oral Hygiene

Twice a day, rinse with warm salt water or the Chlorhexidine rinse we gave you. Keep your mouth clean by brushing your teeth and tongue, but be gentle in the area of the graft.

Activity Restrictions

No heavy lifting or bending until cleared by the surgeons, as this may cause more bleeding and swelling. Do not operate motor vehicles, boats, power tools, or machinery for 18 hours or longer if drowsiness or dizziness persists. Do not operate an aircraft for at least 48 hours following general anesthetic.

Follow-up Appointment

Please make sure you have a follow-up appointment one week after surgery. If an appointment has not already been scheduled, please call the office.

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