



Post-Operative Instructions: Guided Bone Regeneration (GBR)

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort or complications:

Immediately After the Procedure

- **Avoid Eating Until Anesthetic Wears Off:** Do not eat until the anesthetic has worn off to avoid accidentally biting your lips, cheek, or tongue.
- **Bite on Gauze:** If your dentist has placed gauze in your mouth to control bleeding, bite on it for the recommended duration. Replace with a new piece if bleeding continues.

Diet and Eating

- **Soft Foods:** Stick to a soft diet for the first 24-48 hours. Avoid hard, crunchy, or chewy foods that can disrupt the surgical site. Good options include yogurt, mashed potatoes, smoothies, and soups.
- **Hydration:** Drink plenty of fluids to stay hydrated, but avoid using a straw as the suction can dislodge the clot and disrupt the surgical site.
- **Avoid Hot, Spicy, and Acidic Foods:** These can irritate the surgical site and cause discomfort.

Oral Hygiene

- **Gentle Brushing:** Continue to brush your teeth gently but avoid the surgical site for the first 24 hours. After 24 hours, you can resume gentle brushing around the surgical site.
- **Avoid Flossing Around the Site:** Avoid flossing directly around the surgical site to prevent disrupting the healing process.
- **Rinse with Warm Salt Water:** After the first 24 hours, rinse your mouth with warm salt water (1 teaspoon of salt per cup of water) 3-4 times a day to keep the area clean and reduce swelling. If prescribed a medicated rinse, use it as directed.

Activity Level

- **Rest:** Limit physical activity for the first 24-48 hours to prevent complications. Avoid bending over or heavy lifting.
- **Normal Activities:** After the initial rest period, you can gradually resume normal activities as you feel comfortable.



Pain and Swelling

- **Ice Packs:** Apply ice packs to the outside of your face in 15-minute intervals (15 minutes on, 15 minutes off) for the first 24 hours to reduce swelling.
- **Pain Management:** To reduce pain or soreness, take Ibuprofen (Motrin or Advil) up to 400mg every 4 hours unless you are allergic or have otherwise been instructed not to take it. Acetaminophen (Tylenol) 500mg can also be taken every 4 hours in staggered intervals with Ibuprofen.
- **Swelling:** Swelling is normal and can increase for the first 48-72 hours before it starts to subside.

Medications

- **Antibiotics:** If prescribed antibiotics, take them as directed until they are finished, even if you feel better before completing the course.
- **Pain Relief:** Continue taking any prescribed pain medications as directed by your dentist.

Care of the Surgical Site

- **Avoid Touching or Disturbing the Site:** Do not touch or disturb the surgical site with your tongue or fingers.
- **Avoid Smoking and Alcohol:** Refrain from smoking and consuming alcohol for at least 72 hours as they can interfere with healing.

When to Call Our Office

Please call our office if:

- You experience severe pain or swelling that does not improve with pain medication.
- You have a fever or chills.
- You notice increased bleeding that does not stop with pressure.
- You experience persistent numbness or tingling in the lip, chin, or tongue.
- You have an allergic reaction to any medication taken.
- You have any questions or concerns about your recovery.

If you have any additional questions or concerns, please reach out to our office. We are here to support your recovery and ensure you have the information needed for effective healing.