

Bone Grafting Post-Op Instructions

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Please Follow The Post-Operative Instructions Below

The following information applies when grafting material has been placed into extraction sites to help preserve your jawbone in preparation for possible implant replacement of the extracted tooth. Care of your mouth after surgery has an important effect on healing. Swelling, discomfort, and restricted jaw function are expected and should not cause alarm. These may be minimized by following the instructions below. Please read them carefully. It is strongly urged that they be followed.

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed; it's normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the amount of particles that become dislodged:

- Do not disturb or touch the wound.
- Avoid rinsing or spitting for five days to allow blood clot and graft material stabilization.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.
- Do not smoke.
- For mild discomfort, take Tylenol® or ibuprofen as directed.
- For severe pain, use the medication prescribed to you.
- A liquid to no-chew diet is recommended the day of surgery, and then soft foods high in vitamins and protein is recommended for the next several days. Increase your fluid intake. As you progress to more solid foods, you should not be chewing over the surgical site. Avoid food that is very hard or sharp.
- Do not use your toothbrush over the surgical site. The day following surgery, you may brush the teeth adjacent to the site of surgery. If prescribed, use the mouth rinse. Do not use a Waterpik®-type device.

Following the first five days, gentle rinsing is allowed but not too vigorously, as you can again disturb some of the bone graft granules. If a partial denture or a flipper was placed in your mouth, you may have to see your restorative dentist to have it adjusted and learn how to remove and replace it appropriately.

Instructions continued on next page

In Case of Problems

You should experience no trouble if you follow the instructions and suggestions as outlined. But if you should have any problems, such as excessive bleeding, pain, or difficulty in opening your mouth, call our office immediately for further instructions or additional treatment.