

NORTHWEST DENTAL CENTRE

BONE GRAFTING POST-OPERATIVE INSTRUCTIONS

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 by these, this is normal. The socket is over packed to allow for the loss of a small amount of particles. These are some things that can be done to minimize the amount of particles that become dislodged.

What to expect following surgery:

BLEEDING: Small amounts of blood in the saliva can make your saliva appear quite red/pink for the remainder of the day after the procedure.

PAIN: Before the anesthetic wears off, it is recommended you take 400-800mg of Ibuprofen/Advil or Motrin every 6 hours to relieve any post op discomfort. If you are allergic or cannot take the above medications, you can take 1000mg of Acetaminophen/Tylenol every 6 hours. If more severe discomfort occurs, please contact the office.

SWELLING: Some swelling of the lip or cheek may occur.

What to do following surgery:

- After leaving the office, rest and avoid strenuous activities for the remainder of the day. This will help reduce bleeding and aid in the healing process.
- Take your medications as described above. Be sure to take pain medications before the anesthesia wears off. Nausea can occur and most often is due to taking your medication on an empty stomach. Take your medications with a large glass of water or with some soft food.
- Eat soft foods for the first 2-4 days. Maintain a good, balanced diet. Drink plenty of water. Avoid chewing hard foods on the graft sites. Chewing forces during the healing phase can decrease the body's ability to heal around the graft.
- **Do not use a straw. Avoid alcohol for 48 hours.**
- For the first day, it is advisable to let the blood clot stabilize by not rinsing your mouth. Following the first day, gentle rinsing would be advised; avoid vigorous rinsing. Do not rinse vigorously because you can disturb

some of the bone graft granules. Do not use any mouthwash. Only use water or warm salt water if desired.

- Smoking should be avoided for a minimum of 1 week as it slows down the healing process.
- Do not apply pressure with your tongue or fingers to the grafted area because the material is moveable during the initial healing. Do not lift or pull the lip to look at the sutures as this can actually damage the site or tear the sutures and cause damage to the wound site. Avoid poking the site with your tongue.
- Return to the office as directed for removal of the sutures or follow-up check as direct.
- Do not avoid cleaning the area. You can take a Q-tip and dip it in hydrogen peroxide or just water and gently clean the site. Do not avoid brushing your teeth but stay away from the site with the toothbrush. Let comfort be your guide.
- If a partial denture or a flipper was placed in your mouth, you will probably have to have it adjusted and learn how to remove and replace it appropriately. In some cases, you will be advised not to wear it during the healing process.
- Most times the sutures that are placed need to remain for 2-4 weeks and in some cases can even be longer.
- If a membrane plug was placed during the procedure it will come out several days later. As the area begins to heal the plug will come out. Its appearance is a jelly-like substance. This is normal and to be expected.
- If a non-resorbable barrier membrane was placed, that is to stay in place until the doctor removes it along with the sutures. It is a white sheet that wraps over the site to aide in the healing process.

If you have any questions or concerns, experience any unusual symptoms like uncontrollable pain, excessive or severe bleeding, marked fever or excessive warm swelling, or anything that you feel is out of the ordinary, remember that we are only a phone call away at: (403) 282-7933.
