



Mechanicsville FAMILY DENTISTRY

Bone Graft Post–Operative Instructions

The following information applies when grafting material has been placed into extraction sites to help preserve your jaw bone in preparation for possible implant replacement of the extracted tooth.

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 2 days (48 hours) to allow blood clot and graft material stabilization.
- Use the Peridex (mouth rinse) that was prescribed to you for rinsing after every meal **after the 48 hours surgery period.**
- 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 every 3–4 hours.
- For severe pain, use the medication prescribed to you.

Following the second day, 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 return to our office to have it adjusted for comfort as your bone will continue to heal and remodel throughout the 4-6 months period.

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.