

Bone Grafting Post Operative Instructions

These instructions apply when grafting material has been placed into extraction sites to help preserve your jawbone 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 by these. 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 on the day of surgery to allow blood clot and graft material stabilization. Rinsing and spitting can disturb the blood clot, open the wound, and prolong bleeding and slow healing.
- Do not apply pressure with your tongue or fingers to the grafted area as the material is moveable during the initial healing phase.
- 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.
- You should not have a significant amount of blood in your mouth. Saliva can be swallowed, even if slightly blood-tinged.
- Do not brush the teeth in the area of surgery for 48 hours. When brushing, be very gentle. When expectorating, also be gentle.

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

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection.

Antibacterial Mouth Rinse

Keeping your mouth clean after surgery is essential to reduce the risk of infection. We may give you an antibacterial rinse (Chlorhexidine, Perio Plus, Peridex) for certain procedures. You can start this the day following your procedure. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth for one hour after using the medicated rinse. Do not rinse more than twice a day. Using this rinse more than two times a day will cause staining of your teeth and tongue. Make sure to brush your tongue to minimize this staining and for good hygiene. Brush your teeth prior to using rinse to minimize staining.

If we did not give you an antibacterial rinse...

You can use warm salt water the day following your procedure, in the morning after eating and before brushing your teeth. Gently rinse with one mouthful of warm salt water, for one minute, for the next five days.

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Smoking

Do not smoke for at least two weeks after surgery, if at all. As discussed in your consultation, smoking dramatically increases the risk of bone graft and sinus augmentation failure. Your surgeon can prescribe a Nicoderm patch if you feel you need it.

Wearing your denture or nightguard

Partial dentures, flippers, or full dentures should not be used immediately after surgery until your post-operative appointment unless specifically instructed otherwise. Please contact the office if you have any questions. If you have questions about the fit of your flipper, partial, or complete denture, do not wear it until your general dentist or our office can see you.

Post-operative Problems or Complications

As with any procedure, unexpected post-operative healing can occur. Let us know immediately if:

- If you notice the unexpected flow of air or liquids between your mouth and nose
- If you are aware of several small particles of graft material being discharged from your nose
- If you experience sinus or nasal congestion on the side your surgery was performed
- If there is an increase in swelling in your mouth, cheek, or undereye after three days

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you.

If you have questions about your progress please call the office.