

## Post-Operative Instructions For Bone Grafting

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.
- 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 use a straw
- Do NOT smoke.
- No Alcohol for 2 Weeks
- No Swimming for 2 Weeks

Only Soft Foods should be consumed for the first 5 days to avoid Trauma to the surgical area. To avoid irritation, also avoid hot and spicy foods. After that you may advance your diet as tolerated. If you have no teeth only liquids may be consumed during the first 5 days. After that, semi-liquid (mashed) foods may be added to the diet.

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 see your dentist to have it adjusted and learn how to remove and replace it appropriately.

If you have ANY questions feel free to call us at the Office: (562)697-3008.

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