



# Open and Affordable Dental and Braces®

## Post Operative Instructions for Bone Grafting

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

If bleeding occurs, place a moist piece of gauze in an area with light pressure for 30 minutes.

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.

Do not disturb or touch the wound.

**SUTURES:** A non-dissolving suture and tissue glue was placed over the bone graft and will need to be removed in 10-14 days.

**DIET:** A soft diet is recommended at the bone graft site. No chewing over the bone grafted area, try to push any food to the opposite side of the mouth.

Avoid straws, spitting, and smoking for 5 days to allow graft material stabilization.

**ORAL HYGIENE:** Do not brush area. Use your prescribed Chlorhexidine rinse and swab the area with a Q-tip until you return for your post-operative appointment. You can lightly brush the surrounding area. It is very important to keep the area clean.

**MEDICATIONS:** An antibiotic was prescribed to prevent infection, make sure you finish the entire prescription.

For pain, please use over the counter medications first; these may include Advil, Motrin or Ibuprofen. You may take up to 3 tablets (600 mg) every 6 hours for 3 days. If you need something stronger, use the prescribed medication given to you. Do NOT take Tylenol (Acetaminophen) if you are also using the prescription pain medication; the prescription already contains Tylenol.

Make sure you have food or liquid in your stomach when taking these medications to reduce stomach distress such as nausea or vomiting. Do NOT take more medicine than directed.

A certain amount of pain following bone grafting is not uncommon. Severity of pain is usually related to the condition of the teeth before extractions or the difficulty in removing the teeth. After 3 days, the pain should be minimal. If your pain is increasing in severity and/or you have significant ear pain, please contact our office.

**PHYSICAL ACTIVITY:** There is to be no physical activity (exercise, etc.) for at least 5 days following the procedure. Also, there is to be no lifting more than 15 lbs.

If you have any questions or concerns, please call our answering service at **(720) 580-1117**