

Information following:

# Bone Grafting

(With or without dental extraction)

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- A bone graft has been placed along with a membrane covering the site that was grafted. Do not disturb the surgical site. Avoid vigorous rinsing or touching the wound with your tongue or finger. This can cause the bone graft to dislodge and fail. Rinse **gently** with warm, salt water (1/2 teaspoon of salt mixed with 8 ounces of warm water) in order to keep the mouth clean. Brush teeth very gently, avoiding the area of surgery. Keep your tongue clean and away from the socket or surgical site.
- It is imperative not to smoke; this introduces bacteria into the mouth as well as inhibiting blood flow which can cause the bone graft to fail.
- Maintain a soft diet, and keep food away from the graft site.
- Pain and swelling is usually greatest 2 – 3 days after surgery. Please take prescribed medication, as needed, for pain control. If you have any questions, please feel free to call us at any time. We are happy to answer any questions that you may have.

- Sutures may have been placed in order to help keep the membrane and the graft material stable to allow for a successful outcome. It is imperative that you do not manipulate the sutures with your fingers or your tongue. Resorbable (dissolvable) sutures may have been placed and these sutures will usually dissolve in 3 – 7 days. Non-Resorbable (dissolvable) sutures may have been placed and these will have to be removed at your follow up appointment. Please keep the sutures and the graft site clean by lightly rinsing with warm salt water after meals which will help to prevent food build-up in the graft site.
- Swelling is normal after oral surgery and it can be minimized by applying an ice bag on the cheek adjacent to the area of surgery. Apply the ice for 20 minutes on and 20 minutes off, as much as possible, within the first 48 hours after surgery. Swelling will usually be at its peak at 72 hours after surgery. If a fever develops, please contact our office.
- Occasionally, hard projections may be felt in the mouth, due to the graft material that has been placed. The bone projections will smooth out over time, but please call our office if you feel that the graft material is exposed.
- Avoid driving if taking narcotic pain medication, and refrain from strenuous exercise for 48 hours after the procedure.

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