



BONE GRAFTING POST OPERATIVE INSTRUCTIONS

GENERAL INFORMATION

It is normal for some bone particles to leach out, and the sensation of 'sand like particles' is normal and expected. Extreme care should be exercised in **avoiding placing any biting pressure on the surgical site.**

SWELLING

It is normal to swell. Swelling is greatest 2-3 days after surgery, and may remain for an additional 3 days before it starts to resolve.

- Immediately after surgery, place ice packs over the area.
- Leave the pack on for 20 minutes and then off for 20 minutes for the rest of the day.
- After the first 24 hours, it is not necessary to continue cold packs.

DO NOT smoke during the first 2 weeks after surgery.

SUTURES

- Sutures that dissolve should fall out within 2-7 days.
- Non-dissolvable sutures will be removed at your 2 -3 week follow up visit.

BRUSHING

Brush your teeth gently, but avoid the area of surgery for the first 24 hours.

RINSING

For all patients, use warm salt water (1/2 teaspoon salt dissolved in 8 ounces of warm water) **after every meal for 1 week.** **IF** prescribed Peridex, starting on the **third day**, rinse for 30 seconds with 15ml of Peridex 2 times a day (morning and night after meals). Use Peridex **only** during the first week of healing.

INFECTION

After surgical procedures, there is always a chance that infection might develop. Although uncommon, a prescription may be written for you. **Take all prescribed antibiotics until finished.**

TEMPORARY APPLIANCES

A temporary appliance (stay plate, flipper, essix retainer) is sometimes provided by your general dentist to fill in the missing space. This appliance should **NOT** put pressure on the tissue. It may need to be adjusted by your general dentist if you feel pressure from the appliance.

Please note: Feel free to contact us with general questions. Questions regarding prescriptions or pain medications can **ONLY** be processed during business hours. Monday-Thursday: 8am-5pm Friday: 8am-1pm
(925) 934-5565.