



Post-Op Care for Your Bone Graft Procedure

Expect the following post-surgery:

Bleeding: small amounts are normal and may continue for the first 24 hours.

Pain: moderate discomfort will occur after the anesthesia wears off and can continue for several days.

Swelling: some may occur along with discoloration of your lip and/or your cheek for a few days.

Sensation: a temporary loss of feeling in the location on your gums is normal. Your teeth may also feel loose for a period of time along with some sensitivity to hot/cold.

Post-graft care:

- ❖ Rest and avoid strenuous activity for the next 24 hours following your procedure.
- ❖ Keep your blood pressure low to reduce any bleeding and enhance healing.
- ❖ Reduce your pain with over-the-counter pain relievers (Tylenol, Advil, non-aspirin pain relievers) every 3 to 4 hours until bedtime.
- ❖ Use prescribed pain medication as needed and with food or milk to reduce stomach irritation.
- ❖ Avoid alcohol if taking any prescribed pain medication.
- ❖ Apply an ice-bag to the facial area of your procedure in 15 minute increments for the first day following your procedure.



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- ❖ Eat soft foods for the first 2 to 4 days, maintain a balanced diet, and drink plenty of water.
- ❖ Avoid alcohol for 48 hours post-procedure.
- ❖ Avoid chewing directly on the area of your procedure.
- ❖ Brush all of your teeth following each meal. Avoid the treatment area for the first 24 hours.
- ❖ Do not rinse your mouth vigorously and do not use a Waterpik®
- ❖ Use a salt water solution to alleviate any discomfort (1/2 teaspoon salt + 1/2 teaspoon of baking soda + 8 ounces of warm water). Mix and hold in your mouth for 2 to 3 minutes every hour as necessary.
- ❖ Avoid blowing your nose or any activity that would stress your sinuses if your sinus was involved in the procedure. Use a decongestant if necessary.
- ❖ Avoid lifting your lip or disturbing the procedure area. This could irritate or open your sutures/incision.
- ❖ Stop smoking following your procedure to speed healing.
- ❖ Take all prescribed antibiotics as directed for the duration of the prescription. Women: consult your pharmacist about birth control complications with antibiotics.
- ❖ Use an anti-microbial mouth rinse if instructed to do so.
- ❖ Return as scheduled to your dentist for suture removal and follow-up.



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Contact your dentist if you experience any of the following:

- ❖ Uncontrollable pain
- ❖ Excessive or severe bleeding
- ❖ Marked fever
- ❖ Excessive warm swelling in the days following your procedure
- ❖ Reactions to any prescribed medications (rash, itching, breathing issues)

Follow these instructions to assure a comfortable healing period and eliminate complications.