



## 380 Family Dentistry

### After Care Instructions for Bone Grafts

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. This is normal. The socket is over packed to allow for the loss of a small amount of particles. It is normal to have some of them come out of the graft site and into your mouth. The following can be done to minimize this:

**Rinsing/mouthwash:** Do not vigorously rinse or spit for 3 to 5 days. Do not use any over-the-counter mouth wash during any part of the healing process. You may rinse with warm salt water if desired or a prescription mouthwash if given. If a partial denture or a flipper was placed in your mouth, be very careful removing and placing it while healing.

**Sutures:** Most times the sutures that are placed are dissolvable sutures that will dissolve in 10-14 days.

**Avoid pressure:** Do not apply pressure with your tongue or fingers to the grafted area because the material is movable during the initial healing.

**Avoid pulling/poking area:** Do not lift or pull the lip to look at the sutures; this can actually cause damage to the wound site and tear the sutures. Avoid poking the site with your tongue.

**Food:** Avoid chewing hard foods on the graft sites. Chewing forces during the healing phase can disrupt the healing process around the graft.

**Smoking/Alcohol:** It is highly recommended to discontinue smoking or alcohol for a minimum of one week after your procedure.

**Follow up (1 week):** You should have an appointment for a one week post op visit. This allows us to evaluate how you are healing so that we can determine when your next phase can begin.

If you have any other questions or concerns, please contact our office:

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