



Bone graft post care instructions

CONGRATULATIONS! You survived a very important part of the journey toward replacing your missing natural tooth/ teeth in a manner that comes as close as possible to matching the esthetics and function of your original ones. During this procedure we may have extracted one or more teeth, removed any infection in the area, then placed a bone graft and membrane to enhance the volume and quality of surrounding bone. Our goal is to make you a good candidate for a future implant(s).

What you can expect

REST & CARE

- Quiet rest these next several hours will insure early, comfortable and complete healing. This is the time to be good to yourself and be pampered. You deserve it!
- Always get up slowly to prevent dizziness.
- Limit physical activity.
- Keep your head elevated the remainder of the day.

DO NOT PULL ON SUTURES, CHEEK OR LIPS.

You may notice granules coming out of your mouth. It is normal. Call the office if you get large clumps.

COMFORT

You may expect to have discomfort when the anesthetic wears off. We suggest that you take a pain reliever before the numbness begins to wear off so that the transition will be smooth. When you begin to feel the first signs of pain, take another pain reliever as long as you are within the guidelines printed on the bottle or that we discussed. If your pain medication contains codeine, wash it down with a dairy product or something to soothe your stomach.

DO NOT CONSUME ALCOHOL WHILE ON PAIN MEDICATION

For minor discomfort, you can take over the counter pain medication such as: Tylenol (acetaminophen) or Motrin (ibuprofen).

If the pain medication seems to wear off before it is time to take more, you may want to alternate it with Ibuprofen every two hours. (Ibuprofen:Adults do not exceed 2400 mgs.daily.)

It is normal to experience a slight feeling of weakness or chills during the first day or two after surgery. This is part of the body's defense mechanism and is no cause for alarm.

ANTIBIOTICS

If you were prescribed an antibiotic, take it conscientiously as directed until all are gone; stopping antibiotics in the middle, you can actually do more harm than good.

SMOKING

We strongly advise against SMOKING after surgery. Smoking delays the healing, increases discomfort, and may encourage bleeding and infection in the surgical site.

SWELLING

You may experience some swelling of the face or jaw around the surgical area. It may start during the first 24 hours, last a few days then begin to subside. This is a normal. Swelling peaks 30-36 hours post-surgical.

To help prevent swelling, place an ice bag on your face outside the surgical area during the first 24 hours after the procedure. Leave it on 15 minutes, off 15 minutes then back on, etc.

After the swelling has reached its peak in 3 days, warm compresses can be applied to expedite recovery.

Some patients tend to bruise on the cheek adjacent to the surgical area. This is normal. If swelling or bruising persist and concern you, do not hesitate to give us a call.

BLEEDING

You may have some moist gauze placed over the surgical site and we ask that you bite on it with firm but gentle pressure for the next hour after you leave. The purpose of this is to encourage a thin blood clot to form under the gum where the graft was placed and/or teeth were removed.

Some oozing of blood from the surgical site is normal during the first 24 hours so do not be alarmed if you notice pink streaks in your saliva. If the bleeding persists and your mouth is filling with red blood, try to locate the area that it is coming from. Sit quietly, either fold a new piece of gauze, a cold washcloth or a damp regular (not herbal) tea and bite firmly but gently for 20 minutes.

You should not rinse your mouth for the first 24 hours.

If you are unable to control the bleeding in this manner, give us a call right away.

Another helpful tool to alleviate bleeding is to sleep with your head elevated by a couple of pillows for the first night after surgery.

ORAL HYGIENE

You will be able to brush or floss the rest of your mouth.

After 24 hours, gently swish either the mouthwash given to you at the day of your surgery or warm salt water 4 times a day. Warm salt-water rinses made with 1/2 teaspoon of salt in a glass of 4 oz warm water are encouraged after 24 hours to aid healing.

You should use a gentle very soft bristle brush to clean the teeth while avoiding the specific surgical area until you return at your post operative visit.

DENTURES

If you wear a full or partial denture over the surgical site your denture may be seated immediately after surgery. You may be advised to *leave the denture in overnight* because if you swell, you might not be able to get it in the next morning.

It will be necessary to return to the office in a day or two after surgery to have your denture adjusted. To spite our efforts the numbness during the procedure prevents the fit from being ideal.

If you feel any soreness at any time in the future please call the office so we can see you. Any abnormal fitting or bite discrepancies can risk the graft or implants due to the pressure.

DIET

The importance of a nutritious diet cannot be overemphasized, especially during this healing period when your body is stressed. If you eat good, soft, foods you will feel better, remain comfortable and heal faster.

Drink plenty of fluids. The day of surgery you should consume 6-8 glasses of water the remainder of the day.

Avoid eating on the treated side, if possible. A liquid diet is best for the first 1 or 2 meals, consume substances such as: milkshakes, smoothies, Ensure, Boost, Instant Breakfast, fruit juices and lukewarm soup.

Avoid hot liquids for the first several hours; cold liquids are encouraged.

Soft foods should be eaten during the first 5-7 days because they require little pressure to chew. Here are some suggestions: eggs (omelets, quiche, custard, etc.), cooked cereal, pasta, noodle casseroles, meat loaf, baked fish, chicken and dumplings, and ice cream.

If you are getting used to eating with a new denture or partial remember to cut foods up into smaller pieces placing them in the back while chewing in a up and down manner. If you bite into foods or chew in circular patterns at this time you will find it easy to dislodge your appliance and irritate your surgical sites.

Vitamin C aids healing, orange juice and tomato juice are excellent.

You should also continue with your normal vitamin supplements.

POST-OPERATIVE VISITS

At about 10 days we will remove any sutures, cleanse the wound and monitor your healing. Although the gums are healing nicely at this time, important healing will continue under the gum line for several months.

At this point we can usually make a determination if you need a refit or relines to your partial or denture.

These visits are short and you should expect little, if any discomfort.

If You Have Any Concerns or Questions,
Please Do Not Hesitate To Call our Office at 705.450.4000
23 Great Northern Road, Sault Ste. Marie

