

Bone Grafting – Post-Op Instructions

- Numbness may last several hours; avoid chewing until it wears off and be careful not to bite your cheeks, lips, or tongue.
- The graft contains tiny particles; seeing a few granules in your mouth for several days is normal.
- Do not rinse vigorously, spit, touch the area with your tongue or fingers, or pull your lip to look at sutures.
- Let the area rest the first day; begin gentle warm-salt-water rinses the next day.
- Slight early loss of granules or sutures is common and not a concern.

Bleeding

- Keep the gauze in place for 30–40 minutes; replace as needed if bleeding continues.
- Bleeding should not be heavy—contact your dentist if it does not slow.

Discomfort & Diet

- Pain is usually strongest in the first 6–8 hours; take medication as directed and avoid alcohol or driving.
- Do not take prescription pain medication on an empty stomach.
- Start with soft foods and plenty of fluids; diabetics should follow their normal diet and insulin schedule.

Oral Hygiene

- No rinsing the first day.
- Brush gently the night of surgery.
- Begin warm-salt-water rinses 5–6 times daily starting the next day.

Antibiotics

- Take as prescribed until finished.
- Mild nausea or itching can be normal; call the office if you develop a rash or concerning reaction.
- If using oral contraceptives for birth control, use an additional method for the rest of this cycle.

Prosthesis

- Do not wear partials, flippers, or dentures until your dentist confirms it is safe at your follow-up visit.

General Notes

- Contact your dentist with any concerns about healing.
- You are responsible for cots if instructions are not followed.