



Patient Care Instructions for Bone Graft Socket Preservation

You have just completed a bone graft in which material has been placed into extraction sites to help preserve your jawbone in preparation for possible dental implant replacement of the extracted tooth.

Recommendations

The bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It is normal to have some of them come out of the graft site and into your mouth. **There are some things you could do to minimize the amount of particles that become dislodged:**

- Do not disturb or touch the wound.
- Avoid rinsing for the first day following surgery.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.
- Do not smoke, spit or drink with a straw.

Oral Hygiene

Do not use a water-pik or an electric toothbrush around the surgical site for 1 month after the procedure. For the first 7 days, do not brush the area of the surgery, use a wet q-tip soaked in chlorhexidine rinse and gently “brush” the tooth/teeth around the gum line. Please brush normally in all other areas of the mouth. Do not floss around the tooth worked on for 1 week.

On the second day, gentle rinsing is allowed, but not too vigorously as you can again disturb some of the bone graft granules. If a partial denture/flipper was placed, you may have to return to have it adjusted and learn how to remove or replace it appropriately

Medication

After the bone graft, you will be prescribed antibiotics and possibly a painkiller. You can also decrease discomfort and swelling by taking ibuprofen (Advil, Motrin) 600 mg every four hours for one week following surgery.

Swelling

Mild to moderate swelling is common with this procedure. Swelling can be controlled by applying an ice pack for about twenty minutes on and ten minutes off for the first six hours following surgery. You can continue applying an ice pack for as long as two days following surgery.

In order to minimize swelling and bleeding you may want to keep your head elevated for the first twenty-four to forty-eight hours after the surgery. You have to make sure you relax as much as possible and avoid all strenuous activities for as long as three days following bone graft surgery.

Please call the office at 373-0018 if you have any questions, or need more information

