Home Care Instructions Following Bone Graft Surgery

DO

✓ Rest for the remainder of the surgery day – feet up watching TV!!
✓ Take your medication as prescribed
✓ Avoid Straws
✓ Drink plenty of liquids
✓ Eat soft foods (protein shakes, ice cream, Ensure, yogurt, etc.)

DO NOT

× Exercise – proper wound healing requires rest. Don’t do any strenuous exercise that will get your blood pumping for 4-7 days
× Play with the dressing or sutures with your tongue or hand
× Look at or “show off” the treated area until after your sutures have been removed.
× take aspirin
× wear your denture (if you have one)
× Plan out of country travel for one month
× Rinse your mouth for 24 hours following surgery
× Eat hot and spicy foods, peanuts, popcorn, chewing gum, and chips for 2 weeks
× Chew hard solid foods for 1 week
× Drink hot liquids for 1 week
× Drink through a straw for 1 week
× Rinse your mouth excessively
× Brush the surgical site for 2 weeks and only brush gently for the next 4 weeks
× Floss the surgical site for 2 weeks
× Smoke
**Swelling**

Swelling on the first day may occur and can be kept to a minimum with ice packs to the outside of the face over the surgical area. Ice packs should be used 10 minutes on, 10 minutes off, during the first 12 hours.

**Partial Denture Use**

If you have a partial denture to replace the missing tooth or teeth it is advisable if at all possible to **not wear** it for **2 weeks**. If this is not possible it is imperative that no pressure is put on the bone graft area by your partial denture. Pressure on the site can severely compromise the success of the graft.

**Bleeding**

A slight amount of bleeding is expected the first day. If bleeding is excessive, apply direct pressure with moist gauze over the site of bleeding for 15 minutes. If you do not have gauze, a tea bag works well. If this does not control the bleeding, please call.

**Sutures**

Either resorbable or non-resorbable sutures will be placed over the surgical site. They will be removed at your 10-14 day post-surgical assessment. If however a non resorbable membrane has been placed the membrane and sutures will be removed after approximately 4 weeks of healing time.

**Chlorhexidine & Salt Water Rinses for Days & Weeks Following Surgery**

Do not rinse for the rest of the day following surgery. The day after surgery start gently rinsing with chlorhexidine (approximately 5 ccs twice a day for 60 seconds) for seven days. After seven days you can switch to dabbing the surgical area twice a day for an additional week with a Q-tip dipped in chlorhexidine. It is also helpful to start rinsing the day after your surgery with a gentle salt water rinse (1/2 tsp of salt mixed into a glass of warm water) twice a day for two weeks. Please be aware that the chlorhexidine rinse can occasionally stain your teeth. Should this happen we are happy to polish it off for no charge and we usually watch for this at your follow up appointments.

**Note:** Over the next 6-12 months at your regular maintenance appointments Dr. Salaberry will monitor the healing of your surgery. Pending the results of your healing, Dr. Salaberry may suggest minor modifications to further enhance the success of your treatment.