

# Long Family Dental

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## POST OPERATIVE CARE FOR BONE GRAFTS

**Diet** After your bone graft surgery, you will want to eat nourishing food that can be eaten comfortably. The temperature of the food does not matter, but avoid extremely hot foods and liquid. We recommend that you only consume soft foods during the first 6 days to avoid food particles contaminating the wound.

**Oral Hygiene** On the first day let the blood clot stabilize. DO NOT even rinse your mouth. By day two gentle rinsing is advised, but not too vigorously. After each meal, the mouth should be thoroughly rinsed with a warm saline solution (1/2 teaspoon of salt in a glass of warm water). ABSOLUTELY NO WATERPIKS. Do not vigorously rinse or spit for 3 – 5 days.

Begin your normal oral hygiene routine as soon as possible, by day 3 after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but it is important to make every effort to clean your teeth within the bounds of comfort.

**Healing** You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth.

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.

**Managing Pain and Infection** The length of time you experience numbness varies, depending on the type of anesthetic you've received. While your mouth is numb you'll want to be careful not to bite on your cheek, lip, or tongue. The numbness should subside within a few hours.

Tablets for pain relief should be taken as necessary and according to instructions. It is essential that you follow the instructions and complete the course. If pain persists, please call us.

**Contact Us** If you are concerned about any matter regarding the surgery or recovery; please call our office.