



## After Care Instructions for Bone Grafting

Your 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; it's 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 or spitting for 2 days (48 hours) to allow blood clot and graft material to stabilize.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing stages.
- Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound and tear the sutures and gum tissue that is vital for healing.
- Do not smoke.
- For mild discomfort, take Tylenol® or Ibuprofen every 3-4 hours or as directed.
- For severe pain, use the medication prescribed to you.

On the second day, you can start to return to your regular routine. Be gentle with rinsing as the graft can still be disturbed. If a partial denture or a flipper was placed after surgery you may need to return to the office for adjustments.