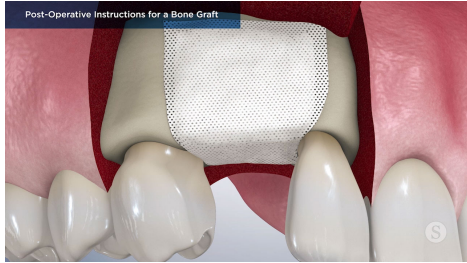


Post-Operative Instructions for a Bone Graft



After grafting material has been placed to help preserve the jawbone, it is important to follow these care instructions to ensure proper healing.



Immediately after your procedure, it's important to listen and adhere to your doctor's recovery instructions for the type of anesthetic used.



Do not be alarmed if you find some small granules in your mouth for the first several days. It's normal to have some of the particles come out of the graft site and into your mouth.



If antibiotics are prescribed, be sure to take them for the indicated amount of time, even if symptoms and signs of infection are no longer present.



Your doctor may apply a protective surgical dressing to protect the site. Do not remove the dressing yourself as it will come off in its own time.



You may experience minor bleeding the day of surgery, which can appear in your saliva. To control, place gauze on the area and apply a gentle pressure until bleeding stops.



For the first 24 to 48 hours, avoid excessive chewing, spitting, rinsing, and physical activity.



Be sure to drink lots of water, but don't use a straw for at least 48 hours after the surgery, as it could hinder the healing process.



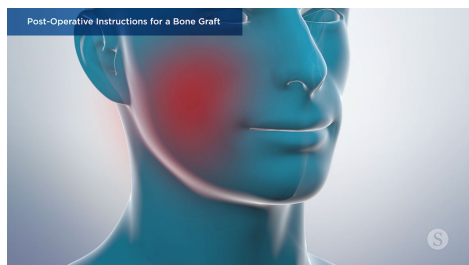
Also, don't smoke for at least a week, as this also slows healing and increases the risk of infection.



If stitches were used, they will dissolve on their own. If bleeding occurs due to them falling out, apply gauze to slow the bleeding. If non-dissolvable stitches were used, your doctor will remove them during a follow-up visit.



For the first week following surgery, you may eat soft foods that require minimal chewing. Make sure to avoid hot, carbonated, or alcoholic beverages, as well as spicy foods, which can irritate the surgical site.



Swelling around the mouth, cheeks, eyes, and side of the face is common and may peak two or three days after surgery.



Ice packs can be used to help with pain and swelling and you can gently rinse with warm saltwater three times a day.



Propping up your head with pillows when lying down will aid both swelling and bleeding.



Begin gently brushing and flossing your teeth as soon as you're able, taking care to clean gently around the surgical site.



Your doctor may prescribe antimicrobial mouthwash, which should be used two to three times a day, as directed.



If you experience excessive pain, bleeding, or fever, it is important to contact your doctor's office for assistance.