

Post-operative Instructions: Bone Grafting

Center for Progressive Dentistry

Dr. David Scardella • Dr. Joseph Santelli
33 Enterprise St., Suite 9 • Duxbury, MA 02332 • (781) 934-9444

Please follow the instructions below to facilitate proper wound healing.

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. The graft is over-packed to allow for the loss of a small amount of particles. There are some things that can be done to minimize the amount of particles that become dislodged.

Do not vigorously rinse or spit for 3 to 5 days.

Please maintain normal oral hygiene practices, however, do not brush directly onto the affected area.

Do not apply pressure with your tongue or fingers to the grafted area because the material is movable during the initial healing.

Avoid chewing hard foods on the graft sites. Chewing forces during the healing phase can decrease the body's ability to heal around the graft.

Do not lift or pull the lip to look at the sutures; this can actually cause damage to the wound site and tear the sutures. Avoid poking the site with your tongue.

Do not use any mouth rinse during any part of the healing process. You may rinse with warm salt water if desired.

It is highly recommended to discontinue smoking for a minimum of one week after your procedure. Healing and success of the surgery will be substantially reduced by cigarette smoke.

If your sinus was involved in the procedure, you should avoid blowing your nose. Use of a decongestant medication may be recommended.

If you were given an antibiotic prescription, please take as directed until they are gone. Antibiotics can reduce the effectiveness of birth control pills and therefore alternative birth control methods should be used.

For the first day, it is advisable to let the blood clot stabilize by not rinsing your mouth. Following the first day, gentle rinsing would be advised; avoid vigorous rinsing because you can still disturb some of the bone graft granules. If a partial denture or a flipper was placed in your mouth, you will probably have to see your restorative dentist to have it adjusted and learn how to remove and replace it appropriately.

Return to the office as directed for follow-up appointments.

Call the office if you have: uncontrollable pain, excessive or severe bleeding, marked fever, excessive warm swelling occurring a few days after the procedure, reactions to medications, including rash, itching, or breathing problems.

Following these instructions very closely will greatly help your comfort, and promote normal healing of the area. If any of the instructions are not followed, you may have significantly more discomfort, and the success of the procedure may be affected.