



Instructions for Patients After Bone Grafting

- Take all medications as prescribed. It is recommended that you take 1 pain pill following the surgery before the anesthesia wears off. If antibiotics are prescribed to you, be sure to take the medication as directed until it is ALL gone.
- If you have any unusual reactions to the medications, please call our office.
- Bone grafts are made of many fine particles. Do not be alarmed if you discover small granules in your mouth for the first several days. To minimize the amount of dislodged granules please remember the following:
 - Do not spit or rinse vigorously for the first 3 to 5 days
 - Do not apply pressure with your fingers or tongue to the grafted area
 - Do not pull your lip back to look at the sutures as this can cause damage
- If upper implants were placed near to your sinus or if sinus surgery was performed, traces of blood may be found from your nose for several days. If heavy nose bleeds develop or bleeding persists, please call our office immediately.
- Avoid nose blowing for 14 days if sinus surgery was performed and use a nasal decongestant if prescribed.
- If a temporary tooth was placed over your implant, do NOT bite on this tooth or chew on this tooth until your implant has fully healed. Failure to comply will result in the failure of the implant to heal.
- Some oozing or bleeding is normal for the first 24 hours after surgery. If there is active bleeding, place a folded moistened gauze pad or tea bag over the area and bite down **firmly & continuously** for about 20 minutes. Repeat as needed. It is normal for experience traces of blood in your saliva for up to a week. Note: If active bleeding continues, please call our office immediately.
- Normal conditions following surgery include some achiness, tenderness, muscle stiffness, facial bruising, and/or swelling.
- Place an ice pack on the side of the surgery for 20 minutes intervals for the first 48 hrs after your procedure. After 48 hrs, replace ice with warm moist heat. Peak swelling occurs at 3 days postoperatively before subsiding.
- If sutures were placed, they will dissolve and fall out on their own within 5-10 days after surgery. Please avoid unnecessary contact with sutures until they dissolve.



- Brush your teeth **very gently**, taking care to avoid the surgical areas until you are healed. You may gently rinse with a non-alcohol containing mouth rinse or warm salt water.
- Drink nourishing liquids and eat soft solid foods such as soup, yogurt, ice cream, jell-o, mashed potatoes, pudding, flaky fish, etc. for at least the 3 days after surgery. You may return to your normal diet when your mouth is able to tolerate solid food. Everyone is different and your tolerance will determine your consistency.
- Numbness may last for up to 24 hours following your procedure. Call our office if your numbness lasts over 24 hrs.
- **Avoid** smoking for at least 21 days but as long as possible after surgery. Smoking **will** impact the healing process.
- If you are taking birth control & were prescribed antibiotics, please inform Dr. Salib or our staff as it may interfere with its effectiveness.
- If unusual problems develop, please contact our office immediately during business hours or Dr. Salib via phone number as provided.