



Bone Graft Post-Operative Instructions

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 is normal to have some of them come out of the graft site and into your mouth. The following instructions will help to minimize the amount of particles that become dislodged.

1. Do **not** disturb or touch the area.
2. Avoid forceful rinsing or spitting to allow blood clot and graft material stabilization.
3. Do **not** apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
4. Do **not** lift or pull on the lip to look at the sutures. This can actually cause damage to the site and tear the sutures.
5. Do **not** smoke.

The day following the bone graft, gentle rinsing is allowed, but not too vigorously, as this can disturb some of the bone graft granules. If a partial denture or a flipper was placed in your mouth, you may need to make an appointment with Dr. Dubanski or Dr. Lee to have it adjusted and learn how to remove and replace it appropriately.

Our goal is to provide you with the best that dentistry has to offer and to work with you for excellent oral health. Please do not hesitate to call if you have any questions or concerns.

Sincerely,

Rocklin Family Dental Group