



Postoperative Instructions: Bone Graft

- 1) Take antibiotics as prescribed until gone. If you develop a rash, hives, itching, or difficulty breathing, discontinue medication and call our office right away.
- 2) Beginning the day after your procedure, use warm saltwater rinses using light swishing. Do not vigorously swish or blow your cheeks out. The sutures and tissues are fragile and excessive forces may open the incision.
- 3) The sutures that are used are resorbable or dissolvable. These will come out on their own in approximately 21 days. Do not attempt to remove the sutures yourself.
- 4) Avoid aggravating the surgical site with your tongue or abrasive food.
- 5) A nasal decongestant, such as Sudafed®, is advised for those patients who have had a sinus lift with bone graft material.

SINUS

Because of the close relationship to the sinus, many times when a tooth is extracted, it will leave a communication between the mouth and the sinus. If this was the situation in your case, it is important to follow these instructions:

- 1) Take prescriptions as directed.
- 2) Refrain from blowing your nose for 2 weeks.
- 3) Try not to sneeze or cause pressure.
- 4) Do not use a straw.
- 5) Do not smoke.
- 6) Eat soft foods for several days chewing on the opposite side as much as possible.
- 7) Do not rinse the mouth vigorously for several days.

It is not uncommon to have a slight amount of bleeding from the nose for several days. If you have any questions, please call our office.