

## POST-OP INSTRUCTIONS AFTER BONE GRAFT AND IMPLANT

### Graft Particles & Bleeding

- It's normal to see small granules (bone graft particles) in your mouth during the first few days. Do not be alarmed.
- If bleeding occurs, apply moist gauze with light pressure to the area for 30 minutes.
- Avoid disturbing or touching the wound area.
- We want to see you for a post-operative visit, 7 to 10 days after your procedure.

### Diet

- Stick to soft, cool foods for the first day (e.g., yogurt, pudding, milkshakes).
- Avoid:
  - Using a straw for the first week.
  - Foods that can get lodged in the socket (nuts, seeds, popcorn).
- Gradually reintroduce solid foods over the next few days. Chew on the opposite side of the mouth.
- **Don't skip meals!** Regular nourishment helps with healing and reduces discomfort.

### Medications

- Take your prescribed antibiotic as directed. Usually, the following day Finish the full course.
- If needed, take the prescribed pain medication provided to you.
- **DO NOT take extra Tylenol (acetaminophen)** if your prescription already contains it.
- Always take medications with food or liquids to help prevent nausea or stomach upset.
- Do not exceed recommended dosages.

A certain amount of pain is expected. However, if pain worsens after 3 days, please contact our office.

### Oral Hygiene

- Do not disturb the surgical area on the day of surgery.
- Avoid:
  - Vigorous rinsing or spitting.
  - Probing the area with your tongue or objects.
- You may resume gentle brushing the day after surgery.
- If prescribed Chlorhexidine Rinse, use it:
  - Start 1 day after surgery.
  - Twice a day for 7 days.
- **Avoid smoking for at least 48 hours.**

### Sutures

- Sutures were placed; they will usually dissolve on their own within 5–7 days.
- Do not tug, cut, or disturb them.

### Physical Activity

- Avoid all physical activity (e.g., exercise) for at least 5 days after surgery.
- Do not lift anything heavier than 15 lbs during this period.

**QUESTIONS OR CONCERNS? PLEASE DON'T HESITATE TO CONTACT OUR OFFICE.**