

# POST-OPERATIVE INSTRUCTIONS FOR BONE GRAFTING



- Take your prescribed medications as directed
  - You must take your antibiotics. One of the potential complications following implant surgery is risk of infection. Taking your antibiotics as directed almost eliminates that risk and ensures proper healing of your bone graft and gum tissue.
  - It is also important to take your anti-inflammatory and analgesic medications. Because implant placement is a medical procedure, you should expect some (although minimal usually) pain and swelling. Taking these prescribed medications drastically reduces post-operative pain and swelling and helps ensure you return to your normal activities as quick as possible.
- Avoid sucking through a straw, spitting, or smoking.
  - These suctioning motions cause a negative pressure within the oral cavity. This pressure effect will result in the bone graft and clot to become dislodged and lost. This will result in a second surgery to correct the lost graft material and will unnecessarily delay your treatment time.
- Some bleeding is to be expected; oozing from the surgical site the first day is normal. If you experience oozing, bite on a gauze for thirty minutes or until the oozing has stopped.
- Follow a soft diet for the first week following surgery (consistency of mashed potatoes, scrambled eggs, oatmeal, etc.)
- Avoid brushing the graft site for 3-4 days. After 3-4 days have passed, you may continue brushing the area very gently; do not brush aggressively. Dr. McGee will tell you when you can resume your normal brushing routine.
- Rest and relax for the first couple of days following your extraction and bone graft.
- Contact our office if you feel feverish, experience excessive bleeding, or feel that your medications are not controlling your pain.
- YOU MUST RETURN TO ALL POST-OPERATIVE APPOINTMENTS.
  - At two weeks your sutures will be removed and evaluated for proper healing.
  - Failure of appointments could result in missed complications and therefore prolong your treatment time.