

## Additional Instructions with Bone Graft Surgery

### DO NOT's

1. Do NOT **rinse** vigorously or forcefully for at least 3 days.
  - a. You can gently soak the site with either the prescribed mouth rinse OR warm salt water. Slowly move head side to side and allow rise to gently surface the gum tissues surrounding the surgical site.
2. Do NOT **spit** for at least 3 days.
  - a. Open your mouth over the sink and allow any liquids to drip out of your mouth without spitting.
3. Do NOT **use a straw or cause a similar pressure** in the mouth for at least 3 days.
  - a. Use a spoon or sip without creating pressure.
4. Do NOT **smoke** for at least 2 weeks.
5. Do NOT **disturb the surgical** area or probe the area with any objects or your fingers.
6. Do NOT **allow application of any direct pressure** on the bone graft site during the healing phase (after bleeding stops).

### THINGS TO EXPECT FOLLOWING A BONE GRAFT

1. Small white particles may work their way out of the surgical site during the healing phase. This is normal. You may feel like you have something sandy or gritty in your mouth. Gently wipe the the particles from your mouth. It is not a problem if swallowed. Do NOT encourage the graft particles out and strictly follow the DO NOT's list above.
2. A dissolvable hemostatic sponge may have been placed over the graft site. It is likely to sometimes fall out of place. It might feel like you have something jelly floating around in your mouth. Again, this is OK. Gently remove the foam from your mouth. It is not a problem if swallowed.
3. Sutures are dissolvable and should begin to unravel, dissolve and disappear in 7-10 days, give or take. Avoid toughing them with your tongue or fingers.