

POST OPERATIVE INSTRUCTIONS FOR BONE GRAFTS



- Do not rinse your mouth for 48 hours. We do not want you to disturb the new blood clot, or the membrane covering the graft site. Phil McCavity says "Just Floss 'Em"
- Do not drink any alcohol for a few days. Alcohol dilates the blood vessels and may cause bleeding and infection. This is a nuisance for you, especially if we are not there to be of some assistance to you.
- Please avoid smoking. The sucking action may disturb the blood clot and the chemicals disturb and delay the healing tissue.
- Avoid strenuous activities for a couple of days. Increased blood pressure causes bleeding.
- Eat soft foods on the opposite side of the mouth. Avoid dry crusty food.
- 24 hours after surgery begin rinsing with salt water three times a day. **Do not use chemical mouth washes like Listerine or Scope.** Take a tablespoon of salt and dissolve it in an 8-oz. glass of hot water (not hot enough to burn), and rinse gently in the area of surgery. Repeat this three times a day and use all the water in the glass. It takes fifteen minutes.
- Take any medications prescribed for you exactly as directed. If you feel ill, or that the medication prescribed is affecting you adversely, please do not hesitate to call my office as soon as possible. We are here to assist you. Do not sit it out on your own. Pain commonly follows dental surgery and is easily controlled by extra strength Tylenol or Advil which should be taken as directed. Do not take aspirin unless the doctor has instructed you to do so.
- Bleeding can be controlled by biting hard on the gauze we provided for you. **It can be changed every 45 minutes.** Persistent bleeding can be controlled by placing a tea bag over the socket and biting down gently upon it.
- Sutures hold the graft membrane in place it is best not to play with them with your tongue.
- It is not uncommon for spicules of bone to work their way loose this should not be a cause for alarm.
- If the area of surgery throbs or hurts call the doctor immediately.

PLEASE FEEL FREE TO CALL THE OFFICE IF ANY PROBLEMS OCCUR.

REGULAR BUSINESS HOURS AT 310 275 5379.

AFTER OFFICE HOURS AT 323 270 2396 (DR.'s Emergency Number only)

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