

Supplemental Bone Graft Post Operative Instructions

What is Bone Grafting?

- Bone grafting consists of adding particular bone graft materials to a part of your jaw or extraction site to reconstruct the bone in preparation for future dental implant(s).
- Bone graft material is either obtained from another area of your jaw or from donated tissue.
- It is normal to feel small particles of graft material in your mouth during the first few days after your procedure.

In addition to the general post-operative instructions provided, please follow the below supplemental bone grafting post-operative instructions carefully to support your healing and increase the likelihood of success for the procedure.

- DO not vigorously rinse or spit for a minimum of 5-7 days after your procedure.
- DO not apply pressure over the site with your tongue, fingers, or temporary replacement teeth.
- Try to avoid chewing on grafted site if possible.
- DO NOT pull lip or cheeks to inspect site. Doing so may stretch incision site and disrupt sutures and graft material. This can cause opening of the grafted site and loss of graft material.
- Do not rinse out site with a syringe.
- If you were given a temporary denture or flipper, you will likely have to see your dentist to have it adjusted to ensure it is not placing any pressure on the grafted site.

What is Sinus Lift Grafting?

- Sinus lift grafting is performed to increase the amount of bone height in the posterior maxilla (back of your top jaw) to support a future dental implant.
- It involves gently lifting the thin membrane or lining of the air-filled space in your maxilla, the maxillary sinus.
- You will likely experience sinus congestion for 1-2 weeks following this procedure

In addition to the general post-operative instructions provided, please follow the below supplemental sinus lift grafting post-operative instructions carefully to support your healing and increase the likelihood of success for the procedure.

- **Adequate hydration is important to help keep your natural secretions thin for normal sinus drainage.**
- Decongestants, saline rinses and antihistamines may be prescribed. Take these as directed.
- Avoid nose blowing for 2 weeks.
- DO NOT hold in sneezes. Sneeze with an open mouth and without pinching your nostrils closed.
- DO NOT SMOKE OR USE TOBACCO
- Take antibiotics until finished, if prescribed.
- You may experience slight bleeding or discharge from your nose. This is not uncommon for the first 24-48 hours. If bleeding persists, please call our office.

Please call our office with any questions. 980-435-4600