

LY N DENTAL IMPLANTS

AND ORAL SURGERY

POST OPERATIVE INSTRUCTIONS

Bone Graft

A bone graft has been placed into the extraction site to help preserve or build up your jawbone in preparation for future dental implant placement. The bone graft is made of many small particles (like coarse sand). You may discover these small granules in your mouth during the first several days after surgery.

Do not be alarmed; it is normal to have some of the graft come out into your mouth.

Here are instructions to prevent dislodging of the particles.

- * Do not disturb or touch the wound.
 - * Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
 - * Do not smoke for at least two weeks after surgery.
 - * Do not drink alcoholic beverages during the first week after surgery.
 - * Avoid chewing or creating pressure on the graft site.
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- **Gentle rinsing should be started on the evening of surgery.** Use a warm salt water rinse (1/2 a teaspoon of salt in a glass of warm water) at least 4 to 5 times a day. If Peridex (Chlorhexidine) oral rinse was prescribed, use it full strength beginning on the evening of surgery or the day after surgery.
 - Rinse (gently) with a capful in the mouth for one minute then spit out twice a day after tooth brushing. Gentle tooth brushing with toothpaste, and flossing, should be started on the evening of surgery if possible and continued at least twice a day after that. **Please be very careful not to disturb the graft area.** Remember, your mouth will heal faster and better if you maintain excellent oral hygiene.
 - A dental appliance (examples: retainer, essix, flipper) often requires a minor adjustment in order to prevent pressure on the bone graft. Pressure on the bone graft can result in the graft melting away. The temporary appliance should be worn in public when necessary for cosmetic purposes only, and removed in the privacy of your own home.
 - Usually the bone graft is ready for an implant in 3 months. We will have you come for a check 2 weeks after the bone graft and then usually 2 weeks before you're ready for the implant procedure.