



Legacy Oral Surgery & Dental Implant Center

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Care of the Mouth After Bone Grafting

The following information applies when grafting material has been placed into extraction sites to help preserve your jawbone in preparation for possible implant replacement of the extracted tooth.

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the number of particles that become dislodged:

- Avoid smoking for at least one week. Complete abstinence gives the best chance of successful healing.
- Do not disturb or touch the wound. Bite on gauze **gently** so as not to displace your graft. Replace and repack the gauze every 45 minutes as needed. Small amounts of oozing is normal over the next 24-48 hours.
- Avoid spitting or rinsing the day of surgery.
- Do not chew on or disturb the grafted site for at least 6 weeks. You can chew on the other side or other teeth, however. No hot foods or liquid until the numbness has worn off.
- Apply ice for 20 minutes on, 20 minutes off, for the first 2-3 days following surgery. Apply the ice intermittently, as much as possible, (at least 3-4 hours a day) for the first 2-3 days.
- Return to our office in approximately 4 months for a cat scan to evaluate bone volume and density. You can then schedule **another** appointment for your implant surgery. Your implant will **not** be placed the same day as the CT scan.
- Stitches will fall out on their own unless otherwise specified by your surgeon.
- Take your pain medication and antibiotics as prescribed.

Begin gentle warm salt water rinses the day after surgery (8 ounce glass of warm water to a level tsp of salt). If prescribed chlorhexidine, rinse per instructions from pharmacy.

In case of emergency or if you have any questions concerning your progress, call the office at 508-586-5445.