

Post-Operative Instructions for Socket Bone Grafting

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 amount of particles that become dislodged:

- Do not vigorously rinse or spit for 3-5 days (longer, depending on the case).
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.

For the first 1-2 days, we would suggest letting the blood clot stabilize and not even rinse your mouth. After the initial couple of days, gentle rinsing would be advised but not too vigorously as you can again disturb some of the bone graft granules. If a partial denture or a flipper was placed in your mouth, you will probably have to see your restorative dentist to have it adjusted and learn how to remove and replace it appropriately to avoid pressure in the grafted area.

Post-Operative Instructions Following Sinus Lift/Grafting

If you had a sinus grafting procedure performed, the general postoperative instructions still apply. Additionally, please review the following:

1. Do not blow your nose.
2. If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.
3. Do not smoke or use smokeless tobacco. Smoking greatly inhibits the healing, especially in the sinus graft.
4. Do not take liquids in through a straw.
5. Do not lift or pull up on your lip to look at the stitches, as this may actually create damage and tear the stitches.
6. Take your antibiotics as directed and until finished.
7. You may have some bleeding from the nose. This is not uncommon and should pass quickly.
8. You may be aware of small granules in your mouth for the next few days. This is not unusual, as your graft is mainly made of small particles and some of these are lost in the healing process.
9. If you feel congested, you may need to use antihistamines or decongestants. If you do, use over-the-counter products such as Tavist-D or Dimetapp. I would also suggest that you avoid nasal sprays unless they are saline. Most of the time, patients do fine without any nasal sprays, antihistamines, or decongestants.