

# **Gentle Dental**

# **INSTRUCTIONS**

## **Post-Extraction &**

## **Ridge Preservation Osseous Graft**

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

### **CARE INSTRUCTIONS:**

- Do not disturb or touch the wound.
- During the first 24-hour period following surgery, apply ice on the cheek at regular intervals (20 minutes every hour).
- Avoid rinsing or spitting for 2 days to allow a blood clot and graft material stabilization.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during healing.
- Do not exercise in any form. Rest.
- Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and the sutures.
- Avoid smoking or drinking alcohol.
- Avoid drinking through a straw.
- Only eat soft foods or cool liquids on the day of your surgery. Resume your usual diet as soon as you are able to. Refrain from dairy, hard/crunchy foods, and spicy foods.
- Following the second day, gentle rinsing is allowed but not too vigorously, as you can again disturb some of the bone graft granules.
- Do not brush or floss near the surgical site for the first 72 hours. After this time, you may brush and floss very lightly for 4 weeks before returning to routine brushing and flossing.
- If a partial denture or a flipper was placed, avoid wearing it for a few days. After that you may need to have it adjusted as your healing progresses.
- Expect swelling, discomfort, and possible bruising; this will disappear after 5-7 days. You may experience difficulty opening your mouth. It should go back to normal after a few days.
- Generally, sutures are removed after 2 weeks.

### **MEDICATIONS:**

- Take your medications as prescribed by your dentist to minimize discomfort and to optimize the healing process.

**If after 3 days the pain increases instead of decreasing, please contact our office at #604-371-0801 as this may be a sign of an infection.**