Moore Family Dental Care

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BONE GRAFT – HOME CARE

A bone graft is done to prepare the jaw for dental Implants, among other reasons. These Instructions will help your graft heal in the best possible manner.

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: It is normal to have some of them come out of the graft site and into your mouth. They feel like bits of very coarse salt or sand.

There are some things you could do to minimize the number of particles that become dislodged:

- Do not disturb or touch the wound.
- Avoid rinsing or spitting vigorously for 2 days (48 hours) to allow 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 the initial healing.
- Do not lift or pull on the lip to look at the sutures. This can cause damage to the wound site and tear the sutures.
- Do not smoke, or smoke as little as possible.
- For mild discomfort, take Tylenol® or Ibuprofen every 3–4 hours, if you can take these medications

If you were prescribed an antibiotic, please take all of it. This is especially Important for larger grafts.

Following the second day, gentle rinsing is allowed 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 may have to see your restorative dentist to have it adjusted and learn how to remove and replace it appropriately.

After day 3, notify us if you have any signs of infection, such as an Increase In swelling, a bad taste In your mouth, visible Infection, or you are running a fever.

If you have any concerns do not hesitate to call us. We all want your graft to be successful. During business hours call 662-287-1171; after hours call 662-287-1171. Your call will go to voicemail and be forwarded to our on-call provider.

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