



IMPLANTS & ORAL SURGERY OF CHATTANOOGA

Post-Operative instructions: Bone Graft

- Change gauze every 45min-1 hour until you see a light pink color. If you have persistent bleeding dampen teabag and place over area for 1 hour.
- Take medications as prescribed
- If you are prescribed antibiotics take as directed.
- Eat a soft, cold diet for the first 24 hours, then continue a soft diet for the next 3-5 days.
- Do **NOT** use a straw for 7 days
- Brush your teeth gently and avoid the surgical site.
- Start using the Chlorhexidine mouth rinse the day after surgery. (If you have a denture, do NOT get mouth wash on it. This mouth wash can cause staining on removable appliances.) If you were not prescribed a mouth rinse, use warm salt water for the next 7 days.
- When using mouthwash, do NOT spit. Turn your head from side to side then let it flow out of your mouth into sink.
- Please avoid touching the surgical site with your tongue and refrain from pulling on your cheek to examine area. This may cause tension on stitches and disrupt healing process.
- It IS common to notice small, sand-like granules in the mouth following bone graft placement.
- You will need to come back in 2 weeks for a follow-up and to have stitches removed.
- If you have any questions or concerns, please call or text us at 423-296-8210.