

Bone Graft Surgery Post-Op Instructions

Your bone graft is made up of many particles. You may find some small granules in your mouth during the first several days after surgery. Do not be alarmed by these; it is normal to have some of them come out of the graft and into your mouth. There are some things you can do to minimize the number of particles that become dislodged and help promote an excellent graft result:

- Do not disturb or touch the wound.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Avoid chewing or creating pressure on the graft site. For 24 hours following your surgery: DO NOT suck on a straw, rinse, or spit. Avoid hot and spicy foods as well as carbonated and alcoholic beverages.
- Smoking, vaping, and tobacco products: Tobacco products have an adverse effect on wound healing and the graft survival. We strongly advise that you refrain from using these products.
- Numbness/Altered Sensation: Numbness and/or paresthesia around the lip, tongue, chin, and face is normal for 24 hours after surgery. If it lasts longer, please call us.
- Tooth Brushing: You may brush your teeth the day of surgery, but do NOT brush the surgical site until your surgical team advises you to. After your follow-up visit, we will let you know when you can resume normal brushing in that area.
- Diet: For the first few hours, stick to liquids and cold/soft foods (yogurt, applesauce, etc). Starting the next day, you may add soups, well-cooked pasta, scrambled eggs, mashed potatoes, etc., and continue to advance your diet over the next few days. Avoid hard foods such as nuts, popcorn, or chips until your surgical team clears you.
 - Don't chew on the bone graft site until cleared to do so by your surgical team
- If you wear dentures or retainers, please don't use them until they are checked for fit over the bone graft by your surgical team or your referring dentist. You may need to refrain from wearing them for 3 weeks after your surgery to avoid any complications with your wound healing
- Swelling, Bruising, and Stiffness: Swelling and stiffness usually peak 48–72 hours after surgery. Use a cold compress near the surgical site (never place ice directly on skin). Apply for 20 minutes on/10 minutes off as needed. After 48 hours, switch to moist heat.

- Activity: Rest on the day of surgery. Avoid strenuous activity and resume normal activity the next day as tolerated. Do not bend over at the waist.
- Rinses: After the first day, gently rinse with warm salt water three times daily. If prescribed an antibiotic mouth rinse, use it twice daily in addition to salt-water rinses.
- Prescriptions: Fill and take medications as directed. If you are prescribed opioid pain medication (e.g., Vicodin, Norco, Oxycodone, Tramadol), do NOT drive, operate machinery, or perform tasks requiring alertness.
- Sutures: Either or both dissolvable and non-dissolvable sutures are present. Some dissolve on their own in 5–7 days. Even if they fall out early, please keep your follow-up appointment. Some of them

Please call our office at (630) 312-8280 if you experience severe pain, excessive bleeding or swelling, or if you have any questions. For emergencies, call our office. If you are experiencing a serious or life-threatening emergency, call 911 or go to the nearest emergency room.