

BONE GRAFT

- Do not disturb or touch the wound.
- Avoid rinsing or spitting for at least 48 hours to allow the blood clot and graft material to stabilize.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- To refrain from tearing sutures or causing damage to the wound, do not lift or pull on the lip to look at the sutures.
- Take acetaminophen or ibuprofen every 3–4 hours if there is mild discomfort.
- Do not smoke. Do not vape.
- If applicable, use the medication prescribed by your dentist.
- Rinsing is allowed the following day, if you “rinse gently” and not vigorously.
- 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.
- If any problems arise, such as excessive bleeding, pain, or difficulty opening your mouth, call our office right away for further instructions and additional treatment.
- Continue to brush and floss, as well as any other oral hygiene aids that are recommended by your dentist Dr. Virginia Ipapo. Be gentle on the area that you had bone graft on.