



Shipleys
DENTAL CARE

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Bone Graft Post Op Instructions

- Do not put any pressure on the graft site, no brushing or eating on the grafted side of the mouth.
- Be very careful eating, hold off on eating hard or crunchy foods for at least a week.
 - No popcorn, nuts, chips, etc.
- Activity should be limited for the first 24 hours, as this could cause unnecessary bleeding, however some bleeding is to be expected.
- **No smoking** for at least 5 days after surgery.
- **No alcohol** on the graft area for at least 7 days after surgery.
- Apply ice for bruising and swelling for the first day.
 - Apply ice 20 minutes on and 20 minutes off.
 - For the first 72 hours, use warm salt water rinses 3 times a day.
- You may receive a prescription for an antibiotic if the doctor feels it is necessary. Take as directed on the label. Start taking immediately and take until it is finished. If you receive a prescription for Metronidazole **DO NOT DRINK ALCOHOL** while taking this antibiotic.
- You will also receive a bottle of Peridex/Stella Life, a mouth rinse, at your appointment. Do not rinse vigorously with this, instead use it more like a marinade and just hold it on the grafted area. Start using 72 hours after surgery.
- For pain, you will alternate between using Ibuprofen and Tylenol.
 - Take 3 ibuprofen (total 600mg)
 - Wait 2.5 hours
 - Take 2 extra strength Tylenol
 - Wait 2.5 hours
 - Repeat if needed
- You will return in 10-14 days for us to check the grafted area. We will remove sutures at this visit.

Please call Dr Perez with any questions or concerns.

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