

Post-Operative Instructions: Dental Bone Grafting

Thank you for choosing our office for your bone graft procedure. Proper care after surgery is essential to ensure successful healing and graft integration. Please follow the instructions below carefully.



Immediately After Surgery

- **Do NOT disturb the surgical site.** Avoid touching it with your fingers or tongue.
 - **Bite on gauze pads** placed over the graft site to control bleeding. Replace every 30–45 minutes as needed.
 - A small amount of **oozing is normal** for the first 24 hours.
-



Medications

- **Take all prescribed medications** exactly as directed. These may include:
 - Antibiotics
 - Pain relievers
 - Anti-inflammatory medications
 - **Start pain medication** before the numbness wears off to stay ahead of discomfort.
-



Swelling & Ice

- **Apply ice packs** to the outside of your face (20 minutes on, 20 minutes off) for the first 24–48 hours.
 - Swelling typically peaks around day 2–3 and gradually decreases.
-

Diet

- **Stick to a soft, cool diet** for the first few days:
 - Yogurt, smoothies, applesauce, mashed potatoes, scrambled eggs
 - **Avoid:**
 - Chewing near the graft site
 - Hard, crunchy, or spicy foods
 - Drinking through a straw (can dislodge the graft material)
-

Oral Hygiene

- **Do NOT rinse or spit forcefully** for the first 24 hours.
 - After 24 hours:
 - Rinse gently with warm salt water ($\frac{1}{2}$ tsp salt in 8 oz water) 3–4 times daily
 - Brush your other teeth carefully
 - Avoid brushing directly over the surgical site for 1 week
-

Important Precautions

- **NO smoking or vaping** for at least 7 days — preferably longer. Nicotine severely impairs healing and increases graft failure risk.
 - **Avoid vigorous activity** for 48–72 hours.
 - **Avoid touching or disturbing** the surgical area.
-

What's Normal

- Mild bleeding or pink saliva for 1–2 days
 - Swelling, bruising, and tightness in the jaw area
 - Small granules from the graft site may occasionally be felt in your mouth — this can be normal
-

Call Us Immediately If You Experience:

- Excessive or uncontrolled bleeding
 - Severe pain not managed by medication
 - Fever or signs of infection (pus, foul odor)
 - Persistent numbness or tingling
 - Displacement of the membrane or visible graft material
-

Questions?

We're here to help. If you have any concerns or unexpected symptoms, please contact our office right away.

St. Matthew's OMS
Louisville (502) 897-0424
Elizabethtown (270)-737-6969