



ASSOCIATED DENTISTS

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Bone Grafting Postoperative Instructions

- First Day: let the blood clot stabilize, do not rinse your mouth.
- Second Day: gentle rinsing would be advised but not too vigorously. **ABSOLUTELY NO WATER PIKS.**
- You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth.
- Do not vigorously rinse or spit for 3-5 days.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site.

If you have any questions, please call our office.

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