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Post-op instructions for bone graft

You have just undergone a procedure in which either your own bone, cadaver bone or a combination of these bone grafts were placed into your jaw bone(s). At times, some bone grafts are placed into the floor of the sinus. In all cases it's important to follow these post-op instructions.

1. Prescriptions should be obtained as soon as possible. Be sure to take them as directed on the bottles. The antibiotic should be started immediately and should be taken until finished.
2. Do not bite or chew in the area of the graft.
3. You should be on a liquid soft diet for the next 14 days. Your doctor will tell you when to return to a normal diet.
4. A surgical dressing may have been placed over the grafted area. Do not manipulate the dressing, it may loosen and jeopardize the graft.
5. Do not manipulate your stitches; it is important for the soft tissue to heal without separation of the tissue.
6. Rinse your mouth with salt water (1tsp. of salt to 8 oz. of warm water) four times (after breakfast, lunch, dinner and bedtime) for 2 minutes.
7. If you have a prescription for Peridex (Chlorohexadine) rinse your mouth with this after the salt water rinse.
8. If bleeding occurs and cannot be stopped after one hour of local pressure, call the office for evaluation.
9. If you have residual numbness that continues into the next day, call the office for an immediate follow up evaluation and nerve examination.
10. You can expect a fair amount of swelling, pain and bruising. If you feel the swelling is excessive or the pain does not diminish with medication, call the office for a follow up evaluation.
11. You should have been given a ten day follow up appointment. If you do not have an appointment please call the office for one.
12. Sinus grafts may cause a fullness to the sinus, as well as facial swelling.
13. You may have drainage or bleeding from your nostril on the side of a sinus graft. This may last one to two days, if longer call for a follow up evaluation.
14. If you have been given a stayplate (plastic retainer with a tooth or teeth) it is important that it does not put pressure on the graft and if possible leave it out as much as possible.