



## After Treatment Instructions: Bone Graft

1. **Pain:** Moderate discomfort may be noticed when the anesthetic first wears off, and may continue several days.
2. **Swelling:** Some swelling and discoloration of the lip and/or cheek may occur and may last for a few days.
3. **Bleeding:** Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.
4. **Swelling:** Some swelling and discoloration of the lip and/or cheek may occur and may last for a few days.
5. **Sensation:** There may be a temporary loss of feeling in the gums in the operated area. The teeth may also feel loose for a time. The teeth may be sensitive to hot and cold temperatures.
6. **Excess Bone:** You may feel some excess bone coming out of the operated area. This is completely normal and there is nothing to worry about.
7. **Follow-Up Care:**
  - After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.
  - Take two non-aspirin pain relievers every three to four hours until bedtime to maintain comfort. It is also recommended to take it before the anesthetic wears off.
  - If pain medication is prescribed, take it as you need it. Do not exceed the dose on the label. Taking with food or milk will reduce upset stomach. Avoid drinking or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medicine.
  - Nausea is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.
  - Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, and then remove for 15 minutes. Continue this for the first day.
  - Eat soft foods for the first 2-4 days. Maintain a good, balanced diet. Drink plenty of water. Do not drink through a straw. Avoid alcohol for 48 hours.
  - Avoid chewing directly over the operated area until the sutures are removed.
  - Brush your teeth after each meal. Avoid the operated area to prevent pulling the sutures.
  - Do not rinse vigorously; do not use a Waterpik.
  - You can also begin to rinse at least 5-6 times a day especially after eating with a cup of warm water mixed with a teaspoon of salt.
  - If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.
  - Avoid lifting the lip with your fingers to look at the area. It is possible to accidentally tear the sutures, open the incisions and delay healing.
  - Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body.
  - You may be instructed to use a prescription antimicrobial mouth-rinse.

- Return to your dentist office for removal of the sutures or follow-up checks as directed.
- If you were given an antibiotic prescription, take all of them as directed until they are gone.
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- Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

**PLEASE CONTACT IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

1. Uncontrollable pain.
2. Excessive or severe bleeding.
3. Marked fever
4. Excessive warm swelling occurring a few days after the procedure
5. Reactions to medications, especially rash, itching, or breathing problems

Robert Schattner Center  
University of Pennsylvania  
School of Dental Medicine  
240 S. 40th Street  
Philadelphia, PA 19104  
Call us: 215-898-8965