

# DENTAL DEPOT

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## Care After Bone Graft Surgery

After bone graft surgery it is normal to have:

- Slight oozing of blood for a few hours
- Swelling which usually reaches the maximum 2 to 3 days after surgery
- Moderate discomfort which can be controlled by taking pain medication, as instructed by the doctor
- Discoloration or bruising on the side of the surgery
- A slight fever during the first 24 hours

### **Pain**

- Take your pain medication as instructed.
- If your pain is not decreasing by the end of the third day after surgery, call the office

### **Swelling**

- Apply an ice bag/frozen vegetable bag to your face, directly over the area that was operated on
- Do this for the first 12 hours after surgery
- Follow the schedule below:
  - 20 minutes on
  - 20 minutes off
  - 20 minutes on, etc
- Do NOT use ice after the first 12 hours

24 hour after surgery, it may feel good and soothing to put a warm compress on your face every few hours, increasing blood flow to the area helping with the healing process

## **Rinsing**

- Rinse 3 times daily for 2 weeks with prescription mouth rinse
- Rinse with warm salt water anytime after eating for at least the next two weeks (add ½ teaspoon of salt to full glass of warm water)

## **Oral Hygiene**

- Brush and floss all your teeth as normal
- Avoid brushing over gums where bone graft placed for 6 weeks
- After six weeks can start to gently massage gums with toothbrush
- The cleaner the area is kept, the greater the chance for success

## **Diet**

- Drink plenty of liquids
- Eat soft foods for first 24 hours, or longer depending on the doctor's instructions
- After that eat foods that are easy to chew for a few days

## **Problem Signs**

- Uncontrolled bleeding
- Severe pain/Not controlled by medications
- Swelling that does not decrease after three days
- Temperature above 100 degrees F or chills

## **Healing Period**

- Depending on where the bone graft is placed, healing can take anywhere from 3-5 months
- Studies show the initial graft will shrink up to 30%
- The grafting material is slowly dissolved by your body and replaced by your own bone