



UNIVERSITY DENTAL ASSOCIATES

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Post-op Bone Grafting and Extraction

- **Bleeding:** Bleeding follows any surgery and should not alarm you unless it is excessive or persistent. After a bone graft procedure it is not necessary to bite on gauze to control the bleeding. Please leave the newly grafted area alone.
- **Mouth care:** Do not touch grafted area for two weeks. Do not eat, chew, rinse, or touch the grafted area. Lightly brush the teeth around the surgical site, but do not touch the sutures. It is important not to disturb the recently grafted area as this could delay the healing time.
- **Sutures:** The sutures that were placed will need to be removed in approximately two weeks. You will be seen at a 1 week and 2 week post-op visit for evaluation of the newly grafted area. If the area is healing well, the sutures may be removed at the two week post-op appointment.
- **Diet:** A soft diet is recommended especially around the surgical site.
- **Exercise:** Please refrain from exercise for 24 hours
- **Smoking:** No smoking for 48 hours
- **Pain:** Pain is normal following any surgical procedure and should not be alarming unless pain persists for a prolonged period of time. Take pain medication as directed.
- **Antibiotics:** If antibiotics were prescribed, take them as directed. Be sure to continue all medications as directed on the label until finished, unless you develop nausea, vomiting, skin rash, or diarrhea.

If you notice any part of the grafted area becoming dislodged or loose, please contact the office immediately. (979) 846-0353.