



### **Bone Graft:**

\*DO expect to find 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 rinse or spit aggressively for seven days

\*DO NOT apply pressure with your tongue or fingers. The material is moveable during the initial healing.

\*DO NOT lift / pull on the lip or cheek to look at the sutures. This can cause damage to the surgical site and tear the sutures (stitches).

DAY 1--LET THE BLOOD CLOT STABILIZE, DO NOT EVEN RINSE YOUR MOUTH

\*Following the first day: gentle rinsing would be advised but not too vigorously.

\*ABSOLUTELY NO WATER PIK'S!!

\*Please ensure you take all prescribed medications and complete all antibiotics.

### **Notify the office if:**

\*If the suture falls out within the first three days.

\*If the membrane that has been placed should loosen within the first three days.

\*If a large number of granules dislodge from the surgical site.

\*If your medications do not relieve your discomfort.

### **Important-**

These instructions are in addition to the general instructions. If there is duplication, the instructions on this page supersede all others.