



SHAC Dental Services

Post op Instructions for Bone Graft/Membrane

We have placed a bone graft and secured it with sutures and a protective membrane. Your bone graft is made up of many particles. You may find some small granules in your mouth for the duration of the healing process; it could take up to four weeks. Do not be alarmed; it's normal to have some of them come out of the graft site and into your mouth. We overfill the bone graft with the expectation that some will be lost due to normal forces in your mouth.

Things you can do to minimize the number of particles that become dislodged:

- You may softly brush the adjacent tooth surfaces as long as the brush does not disturb the graft site.
- It is important that the surgical site remains untouched during the initial stages of healing. Avoid stretching your mouth to look at the site and avoid touching your tongue to the surgical site.
- Avoid applying pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing period.
- Do not lift or pull the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.
- Do not smoke.
- Maintain a soft food diet to avoid chewing on or displacing the bone graft material.
- We suggest letting the blood clot stabilize with no vigorous rinsing or spitting for 3–5 days

Diet

A soft, mild, and nutritionally balanced diet should be consumed for 2–4 days (or longer if necessary) after your surgery. As the tissue around the bone graft heals, you can return to your normal eating routine.

Stitches and “Barrier Membrane”

The non-resorbable membrane is visible as a white plastic-appearing material covered by sutures. The suture will be removed by the doctor. If they fall out on their own, they can be discarded. We will evaluate healing and remove any remaining sutures and/or membrane in about 4 weeks.