

Bone Graft Post-Operative Instructions

Eating / Diet:

Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing. Chew on the opposite side and do NOT bite into food if the procedure was done in the front of the mouth. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

Avoid alcohol (even beer and wine) and smoking until after your post-operative appointment.

Smoking is not advised during the 7-14 days following surgery.

Homecare:

Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. In areas where there is dressing, lightly brush only the biting surfaces of the teeth. After you have eaten or you have snacked, please use lukewarm salt water rinse 4-6X a day; 30 seconds of swooshing with each use. Vigorous rinsing should be avoided!!!

Starting tomorrow,

- Please do NOT play with the surgery area with your fingers or tongue.
- Do NOT pull up or down the lip or cheek to look at the area and do not have someone else look at the area.

Just LEAVE IT ALONE!

- Do NOT use a drinking straw, as the suction may dislodge the blood clot.
- Avoid extremely hot foods. Cold foods such as ice cream or shake are OK as long as you use a spoon.

Try to relax and practice the best oral hygiene possible and your healing should progress well. If you have any questions or concerns, please call the office number listed below:

407-671-1017