



JOSEPH M. CATALANO, D.D.S., P.C.
Oral Surgery and Implantology

Post-Operative Instructions for Bone Grafting

Please follow these instructions for at least 4 weeks

For the most successful outcome with bone grafting it is of the utmost importance to adhere to these crucial instructions. The grafted area is fragile. It is vital to leave the area alone and not disturb it at all.

NO TONGUE!! Please do not disturb the area with your tongue.

NO FINGER!! Please **do not stretch** the cheek/lip to see what the area looks like & ***DO NOT TAKE PHOTOS w/YOUR PHONE inside your mouth!!!***

NO BRUSH!! Please do not use your toothbrush near the area.

NO FOOD!! Please keep all food on the opposite side of the mouth. No Seeds (ex. Berries), No Ruffage (ex. Kale)

It is common to experience some slight swelling/sensitivity/discomfort on day 3-10 after surgery. Do not let this alarm you, it is your body reacting to the bone graft. It usually only lasts a couple of days. If you do experience this, taking Ibuprofen is recommended.

PLEASE NOTE:

We ask that you have **NO** activity the day of the surgery and hopefully for one day after, resting at home. After 2 days, back to work but **NO** exercise, sports or strenuous activity for at least one week. The diet **MUST** be “baby-soft”, mushy, non-chew for at least 7 days. After a week, you may **SLOWLY** increase your diet to foods that can easily be torn with your fingers or easily cut with a fork. Although these are still relatively soft foods, begin light chewing on the opposite side from the grafted site. **BE CAREFUL!** Do not check the sutures/surgery area with your tongue to clear food debris. Simply swish gently with water when you take a drink while eating.