



Post-Op Instructions for Bone Grafting Procedures

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 EVEN TOUCH the area with your tongue! Feeling the sutures with your tongue will make the stitches come apart and YOU WILL LOSE THE BONE GRAFT
- **NO FINGER!!**
Please do not stretch the cheek/lip to look at the area & DO NOT TAKE PHOTOS w/YOUR PHONE inside your mouth!!!
- **NO BRUSH!!**
Please do not use your toothbrush anywhere near the area
- **NO FOOD!!**
Please keep all food on the opposite side of the mouth. No seeds or ruffage (ex. berries/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.