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## Bone Grafting Homecare Instructions

**Now that we have completed bone grafting, it is important to follow these recommendations to ensure the success of your final restoration.**

- Do not put any pressure on the graft sight, no brushing or eating on the grafted side of mouth.
- Be very careful eating, hold off on eating hard or crunchy foods for at least a week. No popcorn, nuts, chips, etc.
- No smoking for at least 5 days after surgery.
- No alcohol on the graft area for at least 48 hours after surgery.
- Apply ice for bruising and swelling for the first day- 20 minutes on and 20 minutes off. A frozen bag of peas works well for this.
- You will receive a prescription for antibiotic. Take as directed on label. Start taking immediately and take until it is finished.
- You will also receive a Chlorhexidine, a mouth rinse. Do not rinse vigorously with this, instead use it more like a marinade and just hold it on the grafted area. Start using 24 hours after surgery.
- You will receive a narcotic prescription for pain. Below will be the instructions how to alternate between Ibuprofen and Tylenol. We recommend using the narcotic only at night and only if necessary and taking Tylenol and Ibuprofen throughout the day.
  - Take 3 Ibuprofen's (600mg)
  - Wait 2.5 hours
  - Take 2 extra strength Tylenol
  - Wait 2.5 hours
  - Repeat if needed
- You will return in a week to check graft.



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