

Home Care Following Bone Graft with Barrier Membrane

- Before your surgery, you were given an anesthetic to ensure your comfort. This will leave your lips, teeth and tongue feeling numb after the surgery is completed. For this reason, please avoid chewing until the numbness has worn off completely.
- We will likely prescribe antibiotics for you. Please begin taking these, as directed until the prescription is finished, unless otherwise instructed. A combination of 500mgs of Tylenol & 200mgs of Motrin should be taken for moderate discomfort; however prescribed pain medication should be taken as directed.
- The graft is granular and covered by a thin membrane; therefore, rinsing or expectorating may dislodge the graft. Normal hygiene (gentle) may resume the next day. Toothbrushes should be kept away from the graft area.
- Following surgery, you will be asked to bite firmly but gently on a gauze pad to stop the bleeding. We'll give you a package of gauze to take home with you and place over the surgical site. Change the pad as necessary, and use them until the bleeding stops completely. You can also bite gently on a moist tea bag for 20 minutes. Be sure to call us if bleeding persists or increases.
- It's normal to experience some discomfort after implant surgery. We can give you a pain reliever prescription; be sure to follow the directions on the label.
- To decrease swelling and discomfort apply ice for the first 24 hours as much as possible (20 minutes on 20 minutes off.)
- To help decrease swelling on DAY 2 apply moist heat to the surgical area. (This can be applied in the same manor as the ice, 20 minutes on 20 minutes off.)
- Keep your head elevated for the first 24-48 hours after you get home to minimize swelling and bleeding.
- Relax as much as possible and avoid all strenuous activities for at least two days following your surgery.
- Drink at least eight glasses of water or fruit juice each day, and be sure to eat, as nourishment is vital to the healing process. Limit your diet to soft foods like yogurt, soft soups, pudding and soft-cooked eggs for the first week.
- If you wear a denture or partial denture which would cover the bone graft area, be sure to leave it out for a minimum of one week after surgery. A soft reline can be created for your denture once the area has healed adequately; this will allow you to wear your denture comfortably.