

# Manteca Dental Care

| Rick Van Tran, DDS |

## Home Care Instructions for Bone Grafting Procedures

- **CHEWING.** Please avoid chewing directly on the area or areas where the bone graft was placed for at least 48 hours. Creating pressure or chewing on the bone graft during the 4-6 month healing process can interfere with healing of the graft, compromising the outcome or resulting in failure of the bone graft.
- **GRANULES.** You may find some small granules in your mouth during the first several days after surgery. Do not be alarmed by these, it is normal to have some of them come out of the graft and into your mouth.
- **DO NOT DISTURB OR TOUCH THE WOUND.** Do not apply pressure with your tongue/fingers to the grafted area, as the material is moveable during the initial healing.
- **NO SMOKING OR DRINKING ALCOHOL FOR AT LEAST 2 WEEKS.** It increases the risk of bone graft failure.
- **RINSING.** Begin warm salt water rinses on the 3<sup>rd</sup> day after surgery. Mix ½ tsp of salt dissolved in an 8oz glass of water. Gently rinse with portions of the solution. Repeat as often as you like, but rinse at least 4 – 5 times daily and always after eating for the next few days. Be very gentle when brushing, particularly in the area of the bone graft.
- **REMOVABLE APPLIANCES.** We understand how important it is for our patients to be able to wear their temporary teeth as soon as possible after surgery. All removable appliances including full and partial dentures must be checked for proper fit by Dr. Tran before they are worn. These appliances can transmit pressure to the bone graft site, which can interfere with bone graft healing and result in bone graft failure. In some cases, it may be necessary to go without wearing the appliances for a few days until swelling resolves and some healing takes place. In most cases, full or partial dentures should be used only for cosmetic purposes, not for chewing, and should be worn only in public as needed.

## Home Care Instructions Following Extractions

- **DO NOT DISTURB THE WOUND.** In doing so, you may cause irritation, infection, and/or more bleeding. Be sure to chew on the opposite side for 24 hours. Keep anything sharp or sticky, such as chips, nuts, popcorn or taffy, from entering the wound.
- **DO NOT SMOKE FOR 24 HOURS.** Smoking interferes with healing and can break down the blood clot causing a dry socket.
- **DO NOT DRINK HOT LIQUIDS OR ALCOHOL FOR 24 HOURS.** Hot liquids may increase swelling and alcohol may slow healing.
- **BRUSHING & MOUTHWASH.** Avoid all rinsing for 24 hours after the extraction. This is to insure the formation of a blood clot with is essential to proper wound healing. You may use warm salt water or mild antiseptic rinses after 24 hours. Avoid brushing around the extraction site and don't use any toothpaste for the first 24 hours. Rinsing toothpaste from your mouth may dislodge the clot.
- **DO NOT SPIT OR DRINK WITH A STRAW FOR 1 WEEK.** Spitting or sucking through a straw causes a negative force in your mouth that may dislodge the blood clot.
- **BLEEDING.** To help control bleeding, bite firmly on the gauze placed by your dentist. The pressure helps to form a blood clot in the tooth socket. Change the gauze every 20 minutes or so depending on the amount of bleeding that is occurring. It is normal for some blood to ooze from the area of surgery. If you have a lot of bleeding and run out of gauze, bite on a wet tea bag. The tannic acid found in tea aids in forming a blood clot. Bite on the gauze or tea bag until the bleeding stops.
- **PAIN.** Some discomfort is normal after surgery. To lessen any pain, take prescribed medication as directed. DO NOT drive while taking any pain medication, as you may become drowsy. You may take over the counter medications such as Advil.
- **SWELLING.** To reduce swelling, put an ice pack on your cheek near the extraction site during the first 12 hours. Apply alternately, 20 minutes on, 20 minutes off, as needed. You may see some bruising on your face, which is normal. It will go away on its own.
- **DIET & REST.** Limit activities for the first 24 hours after the extraction. When lying down, elevate your head slightly. Eat a diet of soft, healthy foods for the first 24 hours and drink plenty of liquids while healing.

**If you have any questions, concerns, pain, or discomfort, please do not hesitate to contact our office!**

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