



Post-Operative Instructions For Bone Grafting

- Bite GENTLY and CONTINUALLY on slightly moistened gauze for 1 hour or until active bleeding stops, repeat if necessary (gauze will usually appear pink or red whenever removed, which does not indicate active bleeding nor the necessity to use additional gauze). Traces of blood in your saliva for up to a week are normal.
- Pureed foods and liquids initially while numb, then softer foods for 14 days.
- AVOID drinking through straws, carbonated beverages, heavy rinsing, or spitting for 14 days.
- NO smoking for a minimum of 21 days. Smoking is a known cause for bone grafting failure.
- If sutures/stitches were placed they will dissolve in 3-10 days _____, some sutures are designed to dissolve slowly over 3-4 weeks _____. Maintain a SOFT diet while sutures are present.
- Brush other areas of your mouth as usual, AVOID surgical area with sutures _____
- You should GENTLY and FREQUENTLY rinse with an antiseptic mouthwash starting this evening, preferably Listerine.
- If sinus grafting was performed, some initial bleeding through your nose and traces of blood in your nasal secretions can occur for several days. If heavy nosebleeds develop please call the office.
- Avoid blowing your nose for 14 days if sinus grafting was performed, and an over-the-counter nasal decongestant may be recommended.
- If a temporary tooth was/is to be placed on your implant, it is critical that you do NOT bite on this tooth or function on it for chewing during the next 12 weeks. Failure to comply will cause the failure of the implant and bone graft.
- Numbness may last for 6-12 hours. Call office if numbness lasts longer than 24 hours.
- Jaw stiffness may last for up to 10-14 days, limited range of motion is not uncommon.
- Take all medication as prescribed.
- If you are taking birth control, and antibiotics were prescribed, this may interfere with its effectiveness, please be advised to use alternate form of birth control for an entire month to avoid an unplanned pregnancy.
- Continually apply ice packs externally over surgical area(s) for the first 48 hours.
- After 48 hours apply hot moist packs as needed, stop applying ice.
- Swelling usually peaks at 72 hours before beginning to resolve.
- If unusual problems develop please call our office. If the office is closed follow the telephone prompts and leave a detailed message for Dr. Koos and an automated answering service will contact the doctor for a return call.

Steven Koos D.D.S., M.D.
1827 South Michigan Avenue
Chicago, IL 60616
312.328.9000
www.oral-surgery.com
drkoos@oral-surgery.com

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