

## POST OP INSTRUCTIONS FOR BONE GRAFTING

Now that you have had bone grafting it is important to follow these directions exactly to ensure a rapid and successful healing and integration. Failure to do so may cause the loss of the graft material and additional surgeries. The grafting material is either particle or putty. It is very loose and pliable in the initial stages of healing. It is covered with a white protective membrane or your skin. Over the next few months it will consolidate, harden and turn into your bone.

1. Stay away from the grafted site-chew on the other side. Avoid hard foods that could disrupt the site should you inadvertently chew on that side.
2. If you were given an antimicrobial rinse use it 3 times a day. Just keep it over the site for 1 minute-do not swish. If you didn't get then rinse with warm salt water for 4-5 days.
3. Finish your antibiotics if they were prescribed. You may take 3 Ibuprofen (Advil) and 1 Tylenol every 6 hours for discomfort.
4. If you have the Hydrofloss or similar device i.e. Waterpick-do not use in this area until instructed to do so.
5. Sutures may loosen and in rare instances the membrane may begin to come out. The membrane needs to be in place for at least 1 month. If it appears to be coming out call the office immediately to be seen. **Under no circumstance should you PULL THE MEMBRANE OUT OR REMOVE ANY SUTURES.**
6. Keep the area clean with gentle brushing and flossing-DO NOT avoid cleaning the area as it will delay the healing process.
7. You will be seen in 1 week for suture removal. We may take out all, some or none of the sutures.
8. You will be seen in 1 month to take out the membrane.

### **IN CASE OF AN EMERGENCY:**

**IF YOU HAVE ANY PROBLEMS OR CONCERNS CALL ME AT THE OFFICE AT 973-8957995 . IF AFTER HOURS I CAN BE REACHED AT 201-618-7978**