VALENTINE
Oral & Maxillofacial Surgery

Patient Instructions: After Socket Bone Grafting

The following information applies when grafting material has been placed into extraction sites to help preserve your jawbone in preparation for possible implant replacement of the extracted tooth.

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the number of particles that become dislodged:

- **DO NOT SMOKE!**
- Do not disturb or touch the wound.
- Avoid aggressive rinsing or spitting or use of a straw for 2 weeks to allow blood clot and graft material stabilization.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Do not lift or pull on the lip to look at the sutures. This can cause damage to the wound site and tear the sutures.

Gentle rinsing would be allowed but not too vigorously as you can again disturb some of the bone graft granules. It is our desire that your recovery is as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office. Please try to call during office hours so that answers may be provided as efficiently as possible.