

Manteca Dental Care

| Rick Van Tran, DDS |
& Associates

Home Care Instructions for Bone Graft

Bone grafting material has been placed in areas of your jaw where bone height or width has been lost. The graft will help to restore your jawbone in preparation for future dental work such as bridges or implants to replace the missing tooth/teeth. The most commonly used materials for ridge expansion bone grafts are: freeze-dried cadaver, bovine bone, synthetic bone, your own bone (autogenous bone) or a combination of two or more of these materials. If autogenous bone has been utilized, you will have two post surgical wounds; the donor site and the recipient site.

If you had an extraction in addition to the bone graft, follow the home care instruction sheet for extractions that we have included. After 24 hours, please avoid chewing directly on the area or areas where the bone graft was placed. 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.

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. To help minimize the amount of particles that becomes dislodged and helps promote an excellent graft result:

- Do not disturb or touch the wound. Avoid chewing or creating pressure on the graft site.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is moveable during the initial healing.
- Do not smoke or drink alcoholic beverages for at least two weeks
- Smoking and drinking increases the risk of bone graft failure.

Keeping your mouth clean after surgery is essential to reduce the risk of infection, improve results, and promote rapid healing. Begin warm salt water rinses on the third day after surgery. Mix ½ tsp of salt dissolved in an 8oz glass of water. Gently rinse with portions of the solution, using the entire glassful. Repeat as often as you like, but rinse at least 4 – 5 times daily and always after eating for the next few days. When brushing, be very gentle, particularly in the area of the bone graft.

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 the doctor 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 temporary teeth 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 when required.

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

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