



BRIAN B. BLATTER, DDS
ORAL & MAXILLOFACIAL SURGERY

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Bone Graft Post-Operative Instructions

- The day of surgery, avoid any undue exertion – **REST AND QUIET ARE ESSENTIAL.**
- **TO AVOID NAUSEA** it is important that you eat prior to taking the pain medication with foods such as Jello, pudding, and milk shakes. **(DO NOT USE A STRAW!)**
- **DO NOT USE A STRAW** for at least **2 WEEKS** or smoke 1 day prior and at least 3-4 days following your surgery. Smoking will result in a dry socket.
- **NO CHEWING** until the local anesthetic is completely gone (3-4 hours). Once local anesthetic has worn off completely, resume chewing on opposite side from graft area.
- **IN THE NEXT COUPLE DAYS** a temporary patch and sutures (stitches) will fall out. Don't worry we expect this to happen. The temporary patch will look like a black gelatinous mass.
- We packed in thousands of bone granules, and we expect to lose a few granules each day over the next week. However, if you feel like you are losing hundreds of bone granules of sand then you should notify us right away.
- **For the next 2 weeks:**
 - **NO SUCKING** (straws, hard candies, etc.)
 - **NO SWISHING OR SPITTING** (when brushing teeth gently roll water around and drool out into sink)
 - **NO PRESSURE** (do not chew on graft site)
 - **NO ALCOHOL** (drinking alcohol or mouth washes with alcohol will destroy the graft)
- For pain we recommend 600 mg of Ibuprofen (Advil, Motrin) every 6 hours as needed for pain.

In case of extreme pain, unusual bleeding, prolonged nausea, or any unusual disturbances, telephone our office immediately at (925) 685-3175.