



Bone Grafting and Membrane Post-Operative **Instructions**

Your **bone grafting** procedure requires special care to ensure proper healing without infection. The following instructions will help you achieve this goal.

Take antibiotics as prescribed until gone. If you develop a rash, hives, itching, or difficulty breathing, discontinue medication and call our office right away.

Take the ibuprofen and/or tylenol as prescribed for the next 3-5 days whether the area hurts or does not hurt.

Beginning the day after your procedure, use warm salt-water rinses using “head rolls.” Hold the salt-water solution in your mouth and **roll your head back and forth. Do not swish or blow your cheeks out.** The sutures and tissues are fragile and excessive forces may open the wound.

Also use chlorhexidine 0.12% mouth rinse by **swabbing** the area with chlorohexidine 0.12% mouth rinse on a Q-tip or cotton swab three times a day for 14 days. This mouth rinse may stain your teeth if used for rinsing long periods of time. These stains can be easily removed at your next hygiene appointment.

The sutures that are used are resorbable or dissolvable. These will come out on their own in approximately 21 days. DO NOT attempt to remove the sutures yourself.

Do not brush or floss around surgery site until your next visit with us.

It is normal for the membrane to be slightly visible.