



## Bone Graft Care Instructions

- 1) The graft area is extremely fragile for the next 3-4 weeks while the soft tissue around the area heals.
- 2) Care for the graft area in the first 4 weeks by gently brushing the neighboring teeth with a soft tooth brush taking care not to tear the stitches in the area.
- 3) Do not allow plaque and food debris to build up on or around the graft area. This will slow healing and increase the risk of graft failure. Clean the membrane and stitches gently with a Q-Tip dipped into the green antibiotic mouth rinse 2-3 times a day.
- 4) Rinse gently with 1 teaspoon of antibiotic rinse and then spit out once a day for the first week.
- 5) Pain control is best accomplished by taking 400mg ibuprofen (2 standard over the counter 200mg tablets) every 4 hours for 3 days. Narcotic pain medication is provided as well for break through pain. You will most likely need these for the first 2-3 days.
- 6) Do not play with the stitches or remove them yourself. If you have questions call Dr. Lisenby's office or schedule a follow up appointment.
- 7) You must keep your follow up appointments to maintain the integrity of the graft healing process.
- 8) The stitches are typically removed at week 4 and membrane at week 4-6.
- 9) **If you have a temp crown inserted at the time of implant or graft placement, do NOT use the temporary for any biting function. The temporary crown is for cosmetic purposes only. Bite pressure on the implant temporary crown could easily cause failure of the implant and graft. Dr Lisenby has reduced the temporary crown in height on purpose so that it does not contact your other teeth when you close.**