



## PRE-OPERATIVE INFORMATION: BONE GRAFT

### **Why a bone graft?**

The surgery can be done painlessly with local anesthetic. Deep sedation is also available for complete patient comfort. Usually there is extensive bone loss around the tooth, or the bone is very thin and will disappear if not supported with a bone graft. Bone graft material is placed immediately after the extraction to rebuild the site and is protected by a membrane held in place with sutures. If the tooth has already been extracted, a bone graft will attempt to increase the volume of bone of a “collapsed site”. These procedures usually take one hour.

### **What happens after the surgery?**

A soft diet is recommended and you will be prescribed suitable pain medication. The prescribed antibiotic should be started one or two days (as directed) before the surgery and the full course must be completed. You will be seen for at least two post-operative appointments.

- The first appointment is 10 days after the surgery to check healing.
- The second appointment is 20 days after the surgery to remove the membrane.

An additional appointment will be scheduled for 2-3 months following the surgery to assess the bone graft maturation. At this appointment, you will be given relevant information for tooth replacement.

There is more information on our website at [www.drcaudry.ca](http://www.drcaudry.ca) for more information



## POST-OPERATIVE INSTRUCTIONS: BONE GRAFT

**Pre-surgery medication:** An antibiotic is always prescribed for this surgery. It should be started one or two days (as directed) before the surgery, and the full course must be completed.

**Discomfort:** Pain relief medication will be prescribed. Ibuprophen (400mg) or extra strength Tylenol every 4 hours is usually sufficient. In some cases Tylenol #3 or Percocet is also prescribed. These are very strong painkillers and you must follow the instructions.

**Swelling:** To avoid swelling, use an ice pack on the side of the face; 20 minutes on, 20 minutes off - for the first 12 hours following surgery. Maximum swelling usually occurs 72 hours after surgery.

**Bleeding:** It is not unusual to have some slight bleeding. If the site continues to bleed try to relax and gently rinse your mouth with ice-cold water. You may bite on a piece of gauze (or a moistened teabag) sustaining constant pressure for 20 minutes. Bleeding can be avoided by:

- Keeping your head elevated during the first evening
- Discontinuing your usual exercise regime for 2-3days
- Restricting yourself to a soft diet and by avoiding smoking, which also delays healing and irritates tissues.

**Oral Hygiene:** After surgery, it is important to keep your teeth and mouth as clean as possible. The prescribed antibacterial rinse (**Peridex**) is to be used twice a day for 4 days after surgery and then applied only locally to the surgery site with a Q-tip. Additionally, warm salt-water rinses (1/2 tsp in warm water) can be used several times a day. During the first week, the non-treated areas should be brushed normally.

**Post-operative appointments:** You may see a white membrane covering the bone-grafted extraction socket (held in place by stitches). You will be seen for two post-operative appointments at intervals of 10 days apart. These appointments are short and there is no discomfort.

- The first appointment is 10 days after the surgery to check healing
- The second appointment is in 20 days to remove the membrane.

An additional appointment will be scheduled for 2-3 months following the surgery to assess the bone graft maturation. At this appointment, you will be given relevant information for tooth replacement.

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