



Smith & Mandava

Cosmetic Dentistry

After Bone Grafts

Do not smoke for 24 hours.

Rinse often with warm salt water (One rounded teaspoon salt to 4-5 oz of water) 12 hours after surgery, then as often as possible until your next appointment. Do swish gently then let water fall out of mouth (do not spit).

Pain Management

If you are not allergic, you may take acetaminophen (Tylenol) or Advil (ibuprofen) or a combination of both as directed by our office for pain relief. We often recommend two Advil and two Tylenol every five hours. These over the counter medications are best taken with food. Please note that these drugs may cause drowsiness. Therefore, you should not operate machinery, cars, etc. or consume alcohol.”

Bleeding

A slight oozing of blood will occur over the next few hours. Remember this is normal and that a small amount of blood in saliva looks as if it were a lot.

Hygiene

Do not brush or floss the surgical area. You may gently brush biting surfaces of teeth near surgical area.

Food

Following surgery only soft, cool, or warm (not hot) foods (yogurt is a great choice). Avoid chewing on the side of the surgery.

Prescriptions

You may have been given a prescription for a mouth rinse. It is imperative that you use this medication properly. Rinse with 1/2 capful, as the last thing before bed and rinse again after cleansing your mouth after breakfast. Antibiotics may also have been prescribed/ you must finish as directed.

Follow up

You will need to have a post operative check in one week

Questions

Do not hesitate to call with any concerns. We are here to help make your recovery as uneventful as possible. If necessary, call us at **(203)-758-2116**.