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Bone Grafting
Healing & Aftercare

We've made healing easy with our *step-by-step* aftercare guide for *bone grafting*:

It is a great idea to have a bone graft placed when having a tooth removed or in preparation for a dental implant. It gives you the best chance of successful tooth replacement by maximising the quantity of bone in that area. Therefore, it is important to protect this investment in your oral health by following these aftercare instructions, which are provided to ensure your optimised healing and recovery.

What to expect in your first 48 hours after the procedure:

You may have some bleeding or oozing from the wound in the day after your bone graft. Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth.

You will experience pain, bruising and swelling, which may peak 2–3 days following procedure. You should place ice packs on your face over the area every couple of hours to bring down any swelling and take pain relief as recommended by your dentist. It can take several weeks for the gum to fully heal over your bone grafting site, so do not be alarmed if there still appears to be a wound in your gum for some time. It can take up to several months for your bone graft to fully stabilise and for the area to be ready for dental implant placement.

What to expect in your first week after the procedure and our aftercare guidelines:

- 1 Do not disturb the surgical site with your fingers or tongue, or by pulling at your lip to see the site. You may dislodge the bone graft or open the sutures/wound.
- 2 Do not apply pressure to the site with your tongue, fingers or hard, crunchy or sticky foods. The bone grafting material is movable during the initial healing period and you may move it from the original site. Eat only bland soft foods on the other side of your mouth such as soup, soft eggs, smoothies.
- 3 Avoid physical exertion and sleep with your head elevated to minimise swelling.
- 4 Do not smoke or vape or drink alcohol under any circumstances.
- 5 Do not spit, rinse or drink through a straw for 3 days. You may brush your teeth gently with a soft toothbrush after 24 hours, being very careful not to brush the site or pull on the sutures. Allow the toothpaste to drip from your mouth into the sink afterwards rather than spitting vigorously. Once 3 days have passed you should keep the area clean by rinsing with warm salty water after meals and a 0.2% chlorhexidine mouth rinse (e.g. Corsodyl, Periokin) daily before you go to bed. If any food debris gets trapped around the sutures, gently irrigate the area with water in the syringe provided to dislodge the debris. Do not direct the syringe into the wound itself or you risk opening the wound and rinsing away some of the bone grafting material. Take any pain relief and antibiotics prescribed by your dentist as directed.

Join the club at trulydental.ie and book your mouth a wellness retreat.

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Opening Hours

Mon to Fri 08:00 – 20:00

Sat to Sun 11:00 – 18:00

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