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### ***BONE GRAFT POST OP-INSTRUCTIONS:***

If you have had a bone graft please follow these instructions to minimize discomfort.

- 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 antibiotic mouth rinse 2-3 times a day.
  - 4) Rinse gently with 1 teaspoon of antibacterial mouth rinse and then spit out. Use twice a day for the first week.
  - 5) For pain control follow doctor's instructions as advised. 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 our office to schedule a follow up appointment.
  - 7) Please keep your follow up appointment so that we can make sure healing is adequate.
  - 8) The stitches and membrane dissolve on their own and do not need a separate appointment to be removed.
  - 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. Jayaswal has reduced the temporary crown in height on purpose so that it does not contact your other teeth when you close.

***For any questions or concerns please call our office at 972.335.2201***

