



Banner Good Samaritan
Medical Center

Additional Instructions and Care After a Bone Graft

****A bone graft is an important procedure in preserving bone and/or preparing for a dental implant. In order to aid in the success of your bone graft, please perform these instructions:**

Diet - Drink only liquids the day of your procedure. After the surgical day, you may advance your diet over the next four days to include a soft, light chewing diet (yogurt, soup, pasta, cottage cheese, ground hamburger, bananas, shakes, cooked vegetables, etc.). If you have had a bone graft, you may use a straw to consume liquids. Please avoid chewing on the side of the surgery for the week following your procedure.

Rinsing - After your bone graft, please avoid brushing or rinsing on the day of your procedure. You may begin brushing the following day, but should wait 48-72 hours prior to beginning your rinses.

Depending on the procedure, you may be prescribed a mouth rinse. If so, please follow the instructions on the bottle.

Activity/Miscellaneous - Please do not perform any strenuous activity for one week after the procedure. Also, if you had a “sinus lift” or “sinus augmentation,” please do not blow your nose for 2 weeks after the procedure. Also, please refer to the additional instructions in the “Sinus Precautions” Post-Operative form.

Questions/Problems - If any problems arise or if you have any questions or concerns please call the Oral and Maxillofacial Surgery Clinic at 602-839-5895. If after normal business hours, please call the clinic number and request to speak with the on-call Oral and Maxillofacial Surgery resident. There is a resident available 24 hours a day/7 days a week.

Sudheer Surpure, MD, DDS, FACS Jack Buhrow, DDS, MS Gregory Romney, DMD