

Bone Graft Post-Op Instructions

1. Bite on gauze for approximately 1 hour. Extra gauze is provided. Use as needed.
2. **DO NOT** drink hot liquids, use a straw, or smoke for five days.
3. Begin rinsing the mouth with the prescribed mouth wash the day following the procedure.
(NO swishing)
4. Recommendations for pain control (Your pain and swelling will usually increase for the first 3 days before gradually improving)
 - a. Take Ibuprofen 600 mg as soon as you get home and then every 6 hours for 2-3 days
 - b. Take Tylenol (Acetaminophen) 500 mg 3 hours after you get home and then every 6 hours for 2-3 days
 - c. Take Hydrocodone/Acetaminophen (Prescription pain medicine) every 6 hours as needed for breakthrough pain
5. If sutures were placed, they will dissolve usually within the first 1-2 weeks.
6. Eat a soft diet for at least 2 weeks, and chew on the opposite side (See back page for food suggestions). You will receive further instructions at your follow-up appointment.
7. If you have any questions, please contact our office.

Good Luck! You will do great!

RECOMMENDED foods to eat for the first 3-5 days

1. Smoothies
2. Scrambled eggs
3. Mashed potatoes
4. Oatmeal
5. Pancakes
6. Pudding
7. Jell-O
8. Ice cream
9. Yogurt
10. Applesauce
11. Bananas
12. Avocado
13. Soup

Foods to **AVOID** for the first 3-5 days

1. Seeds and nuts
2. Popcorn
3. Rice
4. Chips
5. Pizza
6. Hamburgers
7. Acidic food (Oranges, tomatoes)
8. Carbonated beverages