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### Bone Graft Post Op Instructions

You have several sutures in place that will be removed at your 2 week post op appointment. The sutures will cause a pulling of your tissue over the bone grafting site. ***Since the bone graft site will have approximately 15% more bone fill than what was naturally there, it is imperative that you do not pull up your lips or cheeks to show or examine the area.*** The undue pressure will cause the sutures to widen away from the surgical site thereby necessitating the need for additional sutures. Additionally it would expose bone, create more pain, and delay healing dramatically.

Finish any antibiotic medications that were prescribed. If pain medications were prescribed, do NOT drive, operate machinery or make important decisions while you are taking them.

- Use ice the first 24 hours
- Take your first dose of pain medication as soon as you get home. It will work best if taken before the dental anesthetic completely wears off
- Do not engage in any strenuous activities until after your 2 week post op appointment or you have been advised by Dr. Lingo it is safe to do so
- You should be able to resume your normal daily routine within 24 hours
- In the unlikely event you should have fever or an increase in swelling, call our office immediately
- Do not brush your teeth for 24 hours following surgery
- Do not use mouthwash until after your 2 week post op appointment or you have been advised by Dr. Lingo it is safe to do so
- Do not use any astringent orally. This includes all antiseptic agents.
- Restrict your diet to soft foods for 2 weeks or until otherwise advised by Dr. Lingo
- Do not smoke or use any tobacco products (except cessation products) until after your 2 week post op appointment. Smoking will delay and disrupt the normal healing process because it decreases the oxygenation of the tissue.
- Your diet until after your 2 week post op appointment or until otherwise advised by Dr. Lingo will need to be altered. Do not eat anything that is too large, too hot or too sticky. Your food should be tepid or on the cool side. Think in terms of soft food that can be eaten in small bites, at room temperature or cooler.

Bone grafting is a very predictable procedure. However, once the procedure has been completed ***the success of the outcome depends upon your compliance as the healing process begins and the bone begins to osseointegrate.***