



Post-Operative Guide Guided Bone Regeneration / Augmentation

Section 1: First 24 Hours

What to Expect

Pain:

Pain depends on the **size of the bone graft**. Larger grafts usually mean more discomfort. Pain is typically worst in the first 1–3 days. If pain **increases again between days 3–7**, call our office.

Bleeding:

Some bleeding for the first **24 hours** is normal. Blood mixed with saliva can look heavier than it is. Light bleeding at bedtime is OK—use a towel on your pillow.

Swelling:

Swelling is expected and relates to the **size of the graft**. It is usually greatest in the first **4 days** and starts to decrease by **7–10 days**. If swelling **increases again between days 3–7**, call our office.

Sutures:

You may feel stitches with your tongue—**do not play with them**.

For bone grafting, **non-dissolving sutures** are used. They remain in place for **2–6 weeks** and must be removed in our office.

Strict No-Can-Do's

- No rinsing with anything for **24 hours**.
 - No spitting, straws, suction, or pulling your cheek/lip to look at the site for **7 days**.
 - No rubbing or pressing on your face over the grafted area for **3 months** (bone must heal without outside pressure).
 - No smoking or alcohol for **3 days**.
 - No exercising, mowing, vacuuming, shoveling, or sports for **5 days**.
 - No hot foods/drinks (warm is OK) for **7 days**.
 - No spicy foods, chips, popcorn, carbonated drinks, or acidic juices (orange, grapefruit, etc.) for **14 days**.
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Things You SHOULD Do

Pressure:

Bite gently on the gauze over the surgical site and keep your mouth **quiet (no talking)**. Leave it for **1 hour** unless bleeding is uncontrolled. If bleeding continues, place fresh damp gauze and apply pressure for another **30 minutes**. Change every **30–45 minutes** as needed. Moisten gauze for comfort.

Cold Packs:

Use ice on the face next to the grafted area: **20 minutes on / 20 minutes off** for the first **36 hours**.

Medications:

Take all prescribed medications exactly as directed, with food unless told otherwise.

Oral Hygiene:

- No rinsing for **24 hours**.



- Start brushing and flossing the **day after surgery**, but stay away from the surgical site. If you're unsure, skip that area for **2 weeks**.
- **Do NOT use a Waterpik or water-flossing device** on or near the graft—they are too traumatic.
- You may use prescription rinse, Listerine, or warm salt water (1 tsp salt in ½ glass warm—not hot—water).
- **Do not rinse vigorously.** Gently move your head side to side to bathe the area.

Diet (First 24 Hours):

You may not feel like eating, but it's important to keep your strength up.

- Small bites, soft food only, and chew away from the graft and stitches.
- Avoid sharp, crunchy, or highly seasoned foods.

Cold, Soft Food Ideas (First 24 Hours Only):

- **Beverages:** smoothies, protein shakes, iced tea, milk, milkshakes (no straws), Boost/Ensure/Muscle Milk, water
- **Main:** cold pasta, cold soup, cold mashed potatoes
- **Desserts:** applesauce, pudding, Jell-O, mousse, yogurt

Vitamin Supplementation:

We recommend a **high-quality multivitamin with Vitamin D** while you heal. Vitamin D deficiency is linked to higher implant failure risk. We recommend the **DentaMedica Recovery Kit**, designed for healing after dental surgery.

Section 2: Days 2–14

What to Expect

Pain:

Day 2 is often as bad or worse than day 1, then improves. Pain is usually worst during the first **3 days** and should be mostly gone by **10–14 days**. If pain or swelling **increases again between days 3–7**, call us.

Bleeding:

Light pink oozing is normal. If heavy bleeding continues past **day 2**, call the office.

Swelling:

May increase on day 2, then should level off by **day 3** and begin to decrease by **days 4–5**. Call if swelling increases again between days 3–7.

Bruising:

Bruising (black, blue, green, yellow) is common, especially with larger grafts. Most bruises fade in **7 days**, but some can last up to **14 days**.

Things You SHOULD Do

Warm Packs:

After **24–36 hours**, you may switch from cold to **warm** packs if desired. Use gentle pressure only—**not hot**.

Diet:

Continue a soft diet.

Rule of thumb: If you can **easily pinch through it**, you can eat it.

Take small bites and chew away from the surgical area.

Soft Food Ideas (Days 2–14, Warm or Cold – Never Hot):



- **Drinks:** apple cider, coffee, tea (green, black, herbal)
- **Breakfast:** scrambled eggs, omelets, oatmeal, French toast, pancakes, waffles, soft cereals
- **Meals:** soups, pasta, baked/steamed fish, frittata, stews, crock-pot meals, slow-cooked meats and veggies, mac and cheese, meatloaf

Vitamins:

Continue multivitamin with **Vitamin D**.

Section 3: Day 15 and On

What to Expect

Pain & Swelling:

You should not have significant pain or swelling by the **third week**. Any new or worsening symptoms—please call.

Sutures:

Your non-dissolving sutures will be removed at your **2-week post-op** appointment or at another time as directed. If you think a suture is still present after that, call us.

Graft Maturation:

The bone graft takes about **4–8 months** to fully heal. Larger grafts take longer.

Things to Avoid

- Continue to avoid using a **Waterpik near the grafted area for 4–8 months**.
- Continue to avoid **external pressure** (pressing, rubbing, massaging the area) while the graft is maturing.

Things You SHOULD Do

By week 2, you should feel close to normal.

- Stop using the prescription oral rinse.
- Brush and floss carefully but **do not neglect** the area—keep it clean.

Diet (Longer Term)

- Take small bites and chew on the **opposite side** of the graft.
- If surgery was done on **both sides**, follow the **soft diet from days 2–14 for a full 4 months**.
- Continue your multivitamin with **Vitamin D**.

Section 4: What's Next?

Replacing Your Missing Tooth

After **4–8 months**, you will return so we can evaluate graft healing.

At that visit, we will:

- Take a **3D radiograph** to check the size and quality of the new bone.
- Select the correct implant size and shape.

Your **next appointment** after that will be to **place your dental implant**.

Emergency Contact & Post-Op Video

- Dr. John Thousand – 303-250-4091
- Dr. Michael Romani – 559-300-9953
- Dr. Hailey McKinley – 812-661-0931
- Dr. Jessica Koster Cell 214-608-8046

