



## **Socket Bone Grafting after Extraction**

Graft material has been placed into your extraction site(s) to help preserve your jawbone in preparation for possible dental implant replacement of the extracted tooth.

Your bone graft is made up of many particles, and sometimes covered with a patch-like material over the socket and graft. You may find some small granules in your mouth for the first several days and weeks after the procedure. Do not be alarmed by this, as it is normal to have some of them come out of the graft site and into your mouth. The socket is purposely over-packed in anticipation of some surface loss. The patch (if used) is meant to dislodge within a few days, and may stay longer depending on the type of suture used. Some sutures may fall out in less than one week, but others can stay for several weeks, based on your surgeon's preference. Over time, your gum tissue will completely cover the graft as healing progresses.

### **To minimize the amount of particles that become dislodged:**

- Do not disturb or touch the wound.
- Starting tomorrow, rinse your mouth regularly for 3 weeks with either water or salt water, but avoid spitting on the first day.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.
- Do not smoke or spit

Following the second day, gentle rinsing would be allowed but not too vigorously as you can again disturb some of the bone graft granules. If a partial denture or a flipper was placed in your mouth, you may have to see your restorative dentist to have it adjusted and learn how to remove and replace it appropriately, but these can usually be worn right away and will not affect the graft site.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our implant coordinators. Please try to call during office hours; however a 24-hour answering service is available for emergency and after hours contact with the doctors.

Office Hours are Monday-Thursday 8:00am - 5:00pm and Friday's 8:00am – 3:00pm. 207-772-4063.