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# Caring For Your Mouth After Bone Graft Surgery

Following your bone graft OR bone augmentation procedure you should expect to experience some measure of discomfort and swelling at the surgical site for 3 – 5 days. Some patients may also notice some facial bruising next to the surgical site. Swelling, discomfort and bruising are common sequelae following any operation to any part of the body - and our mouths react no differently.

### *We recommend that you:*

- 1 Avoid mouth rinsing for 24 hours after surgery. You may drink as you like (avoiding alcohol for the first 72 hours) - but we would prefer you to avoid swishing or gargling for the first day.
- 2 The day following your surgery you should commence rinsing your mouth with the Curosept mouthwash we have provided for you. You should gently rinse after each main meal.
- 3 You should use a soft diet for the first 10 – 14 days following your surgery. Avoid chewing near your surgical site – favour the unoperated side when you are eating.
- 4 It is OK to brush your teeth – being careful of course to avoid the site of your surgery for the first week. The sutures (stitches) at your surgical site are meant to be there. **Do not remove them. They dissolve and fall out by themselves anywhere from 1 – 3 weeks (depending on the level of enzymatic activity in your saliva).**
- 5 It is important to complete the full course of antibiotics prescribed for you. It is not OK to stop your antibiotics if they are not: “agreeing with you”. Should this be the case, please contact us and an alternative antibiotic will be prescribed.
- 6 At our review appointment one week following your surgery, I will make any recommendations that I consider appropriate for your oral hygiene maintenance.

