

Information regarding bone grafting

It is natural to be concerned after you have a complex procedure such as bone grafting. Fortunately it is exceedingly rare to have problems after this treatment and we are happy to provide you any care and information that you require.

The early phase of healing occurs between 2 to 4 weeks. In this time a blood clot forms to stop bleeding and the gums begin to grow over the bone substitute and membrane.

Healing in this phase is improved in patients who have:

- Excellent oral hygiene
- Use mouthwash as advised
- Do not disturb the blood clot
- Have stitches
- Have antibiotics

Healing in this phase is reduced in patients who:

- Have some medical conditions
- Smoke

In this early phase it is common to have tenderness, swelling, bruising and oozing from the area. Small particles of the bone material may also come loose which is perfectly normal.

The middle phase of healing occurs from 4 weeks to 4 months. During this time the gums complete healing and your bone begins to integrate with the bone grafting material.

The late phase of healing occurs after 4 months. During this time the gums mature and the bone underneath continues to change. The bone grafting material is slowly removed by the body and replaced with your own bone.

Advice after bone grafting

I recommend the following after placement of bone grafting material:

To rest for the remainder of the day. I do not recommend that you exercise or undertake vigorous activity for the remainder of the day or the following day. You may wish to take the following few days off work or work from home.

Place a cold pack or a pack of frozen vegetables covered in a cloth on the area. This reduces bleeding, soreness and swelling.

Do not rinse your mouth for the remainder of the day. Gentle rinsing of your mouth 4 -6 times a day, from the following day is suitable. This can be with the mouthrinse that we provide you or a warm salt water mouthwash.

You can brush your other teeth carefully but do not brush within 4 teeth of the area of grafting.

If oozing occurs use the gauze provided or a handkerchief. Dip this in cold water, wring it out and bite firmly for 30 minutes. You will also need to place a cold pack in that area as outlined above.

Eat cool soft food for the remainder of the day, and if possible the following day e.g. ice cream, pasta, eggs *et cetera*

The stitches may be irritating but please try not to pull them. Occasionally they may come out before the re-assessment appointment but please do not be concerned about this.

To minimise discomfort I recommend that you take the following medication(s):

- Paracetamolmg, four times a day for days
- Ibuprofenmg, four times a day for days
- Codeine is also useful for some patients.
- Do NOT take Aspirin
- Do NOT take any medications to which you may have an allergy



To prevent infection of the bone grafting material it is essential that you take the following medication(s):

- Amoxicillinmg, three times a day for days
- Metronidazolemg, three times a day for days
- Erythromycinmg, four times a day for days
- Do NOT drink alcohol with this medication as it will make you very ill. This includes foods with alcohol content.
- Please note that antibiotics may stop the contraceptive pill working.

Additional information

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When to seek further care

Further telephone advice is occasionally required but further treatment is rarely indicated.

If you have the following problems please contact the surgery:

Severe pain that disturbs your sleep
Severe bleeding that does not stop after biting on a gauze/handkerchief and applying a cold pack
Pus discharging from the area

Please do not hesitate to contact me if you have any queries on 07957391314 or aj@advancedrestorativecare.com

A handwritten signature in black ink that reads "Ray-Chaudhuri". The signature is written in a cursive style with a horizontal line under the name.

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