

Ravi Doctor DDS



Post Operative Instructions following Bone Grafting

Here at Dr. Ravi Doctor's office, we care about our patients and we believe in making sure they have more than enough information to be able to take all the necessary precautions in order to make our procedures feel seamless. That is why we have come up with a list of post-operative instructions to help you take appropriate care of your surgical sites.

Please read below and pay special attention to our advice and suggestions:

You may find some small granules in your mouth for the first several days. Do not be alarmed by these. They are pieces of the bone grafting material. It's normal to have some of them come out of the graft site and into your mouth.

DO NOT rinse vigorously or spit for 3-5 days

DO NOT apply pressure with your tongue or a finger to the grafted area, as the material is movable during the initial healing.

*If a barrier has been placed to protect the surgical site **DO NOT** apply pressure with your tongue or finger, and do not remove it. You will need to come in for a follow up visit to have Dr. Doctor remove the protective barrier.

DO NOT lift or pull on your lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.

First day after surgery, let the blood clot stabilize—**DO NOT** rinse your mouth. Do eat soft cool foods and plenty of liquids for the next week. Gentle rinsing and brushing is advised, being very careful in the surgical site.

******ABSOLUTELY NO WATER PIK'S******

Please call the office with any questions or concerns you may have.

***Dr. Doctor can be reached on his cell phone after hours in case of an emergency: 817-233-6300**

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