**Post-Surgical Instructions after Bone Graft**

1. Keep your head above your heart (sitting upright) for the next 3-4 hours after procedure.
2. Limited activity for the next 24 hours, no strenuous activities.
3. Take medication as doctor advised. It is best to take over the counter pain medication prior to the anesthetic wearing off. Ibuprofen, Motrin, Advil, Aleve is preferred.
4. No food or liquids for the first 3-4 hours except for the previous mentioned medications.
5. **NO RINSING, SPITTING, SUCKING THROUGH A STRAW** for 3 days after procedure.
6. **NO SMOKING** for 12-24 hours (as long as possible) after procedure.
7. Sutures will need to be removed 2 – 3 weeks after procedure.
8. It is normal to feel grit or pieces of graft material for up to 24 hours.
9. Avoid eating on that side for at least 1 week after procedure.
10. **DO NOT BRUSH SITE** for up to 1 week after procedure. Gently brush surrounding teeth twice daily
11. **DO NOT USE MOUTH RINSES** (Examples Listerine, ACT) for up to 1 week after procedure.
12. No hard liquor for at least 1 week after procedure.
13. If you have any questions or an unforeseen complication arises please call 1-518-664-4903 Monday-Thursday 8AM -5PM, at any other day or time call 1-585-245-1383.