



# CLARKSON VILLAGE

## D E N T A L C L I N I C

Phone: 905-855-2622 Fax: 905-855-9668 Email: [info@clarksondentist.com](mailto:info@clarksondentist.com)  
1098 Clarkson Road North, Mississauga ON, L5J 2V9

## Post-Operative Instructions for Socket Bone Grafting

In addition to the general postoperative instructions, we would like to emphasize a few points.

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the amount of particles that become dislodged:

- Do not vigorously rinse or spit for 3-5 days.
- 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.

For the first day, we would suggest letting the blood clot stabilize and not even rinse your mouth. Following the first day, gentle rinsing would be advised 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 will probably have to come back to the office to have it adjusted.