



## **Post-Op Home Care Instructions For Patients with Implants and/or Bone Graft**

It is essential for the healing process that the following directions are observed during the first two weeks after the operation:

- Only soft foods may be taken during the first week in order to avoid contaminating the wound with food particles.
- Smoking or vaping should be avoided during this time period as this can slow the healing process.
- If possible, an elevated headrest (an extra pillow) should be used during the first two nights after the operation to reduce swelling in the operated area(s).
- Should any oozing or bleeding occur in the operated jaw, it can usually be stopped by gently biting for 15-30 minutes on a roll of damp gauze. If the bleeding still does not stop after this treatment, please feel free to contact our office.
- If you had implants placed, begin using the Chlorhexidine Gluconate oral rinse that was provided the next day after surgery.
- If you had a bone graft done, the mouth should be thoroughly rinsed with salt water solution after each meal starting the next day after surgery (1/2 tsp salt in 8 oz of warm water).
- Any over the counter mouth rinses or disinfectants should be avoided during this period.
- Dentures may not be worn until refitting adjustments (relining) have been made, unless otherwise directed by your oral surgeon. Insertion of dentures too early may jeopardize a successful healing process.
- Do not floss, use a Waterpik or an electric toothbrush around the implant(s) or bone graft areas during this time.
- If you are in doubt or if there is any sign whatsoever of a disorder related to the healing of the implant/bone graft area, you are kindly requested to contact our office.

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