

How to aid in the success of your bone graft

One of the questions you may be asking, can bone graft fall out? The short answer is yes. Your bone graft is constructed using particulate bone. The consistency of this material is a lot like sand. If you feel a few little granules on your tongue for a couple of days after your surgery, it is normal. Some of the granules can become loose and you will notice them in your mouth. However please take their precautions to help as few granules fall out as possible including:

- You should not touch the area with your fingers because you may damage, disturb the wound, and introduce bacteria.
- Keep your tongue away from the area as much as possible to let your bone stabilize while you are healing.
- Do not move your lip to examine your sutures. Not only can you damage healing, but you can also rip your sutures.
- Although it can be difficult, do not smoke for a minimum of two weeks after your surgery.
- Do not put any pressure on the site while you are healing.
- You should rinse your mouth out very gently on the second day after your surgery. Be careful how much force you use because you do not want to loosen any of the granules in your bone graft.
- Take any antibiotics or steroids prescribed to completion
- Maintain excellent oral hygiene

Failure rate of bone grafts are low; however, it is important you follow these guidelines to ensure the success.