



7740 El Camino Real, Suite C
(La Costa Towne Center)
Carlsbad, CA 92009
Phone (760) 634-2244
Fax (760) 634-2233

27800 Medical Center Road, Suite 208
(Mission Hospital Bld. 1)
Mission Viejo, CA 92691
Phone (949) 364-0223
Fax (949) 364-0224

23521 Paseo De Valencia, Suite 206
(Taj Mahal Bld. on El Toro)
Laguna Hills, CA 92653
Phone (949) 770-7766
Fax (949) 770-6633

Excel Dental & Implant Center
Excel Orthodontics

Bone Grafting

- ❖ The bone graft consists of many fine particles. Do not be alarmed if you find some small granules in your mouth for the first several days.
- ❖ It is completely normal for some granules to become dislodged from the graft site
- ❖ After the first day you may begin gentle rinsing with warm salt water
- ❖ Do not rinse vigorously or spit for the first 3 to 5 days
- ❖ Do not apply pressure with your tongue or fingers to the grafted area. The material is movable during the initial phases of healing
- ❖ Do not lift or pull your lip back to look at the sutures. This pulling or stretching can damage the wound, tear sutures, and decrease the success of the graft. These sutures may or may not be resorbable.
- ❖ If you have been told that you have received external silk sutures, they must be removed by us. Sometimes your dentist may even place a barrier for the graft which may or may not be resorbable and may have to be removed.

Please contact our office for any further questions. Your comfort and health is our priority!