**Bone Grafting**

In addition to the above instructions, it is important to remember a few additional points if you have received a graft within the socket site after we removed your tooth.

The bone graft is made up of many fine particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by the presence of these small granules. It is completely normal for some granules to become dislodged from the graft site, but there are some things you can do to minimize the amount of granules which become dislodged:

* 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 and it is best to leave the area undisturbed as much as possible.
* 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 have to 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.

On the first day it is best to let the area settled and allows the blood clot to stabilize the graft material. Therefore, do not even rinse your mouth the first day. After the first day you may begin gentle rinsing with warm salt water, but avoid rinsing vigorously and avoid forced spitting.