



Cornerstone Dental Group

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& Associates

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What we want you to know following your grafting procedure

In addition to the post-operative instructions for your extraction and/or implant placement:

- Avoid any pressure on the area.
- Avoid eating in the region, ideally for 6 weeks.
- Avoid acidic foods; they can break down the materials.
- Careful brushing is required. Use a soft toothbrush and brush right up to the teeth adjacent to the surgical site; it is crucial not to allow plaque to build up.
- Rinse the area a minimum of 3 times a day with warm, slightly salty water.
- If we provided you with an antimicrobial rinse, please rinse with it 2 times per day until completed. This is best done right after your salt water rinse.
- Do not use over-the-counter rinses such as Listerine or Scope.
- If you were prescribed an antibiotic, be sure to finish it.
- Do not worry if you notice small particles of graft material in your mouth; this is normal.
- Come in 2 and 4 weeks after the surgery for the dentist to evaluate the healing. It is possible that additional sutures will need to be placed. The membrane is typically removed at the 4-week mark.
- Continue with your rinse protocol for 2 weeks after the membrane is removed.

Thank you, and if there are any questions or concerns, please don't hesitate to call the office.

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