



*gorelik dentistry*  
HOLISTIC HEALTH

## Bone Grafting Homecare Instructions

Now that we have completed bone grafting, it is important to follow these recommendations to ensure the success of your final restoration.

- Do not put any pressure on the graft sight, no brushing, or eating on the grafted side of mouth.
  - Use the sponge brush given in your bag to lightly dab around the surrounding teeth
    - Can be used directly on the sight AFTER 2 WEEKS!
- Be very careful eating! Hold off on eating hard or crunchy foods for at least (1) one week. This includes, but not limited to: popcorn, nuts, chips, etc.
- No heavy lifting/exercising/bending over for (1) one week; including weight exceeding (10+) lbs.  
**Example: Newborn/Toddlers or pets**
- No smoking for at least (5) five days after surgery!
- No alcohol intake for at least 48-hours after surgery!
- Apply ice for minimal bruising/swelling for the first day- 30 minutes on and 30 minutes off. A frozen bag of peas works well for this.
- Rinse with one teaspoon of salt in an 8oz cup of water. **DO NOT rinse vigorously**— instead use it more like a marinade and just hold it on the grafted area. You can start rinsing/marinading 24-hours after surgery.
- You may receive a prescription for antibiotic. Take as directed on label. Start taking immediately and take until it is finished.
- You may receive a 4oz bottle of colloidal silver to help with healing. Please take under the tongue 7x daily. You will want to hold under the tongue for 30 seconds and then swallow. Continue this until the bottle runs out.
- Pain management: Your first two nights we recommend you take CBD during the day and a narcotic pain medication (if applicable) at night. After the first two days, you will then only continue on CBD 3x daily for pain & inflammation. Start with .50 of the dropper and place under the tongue for (1) one minute, then swallow. You can increase the dosage as needed. **The 3<sup>rd</sup> AND/OR 4<sup>th</sup> day after surgery are the toughest days during recovery. Discomfort to experience is a light throbbing ache that lingers; that is normal.**
- You will return in a week to check the surgical site(s).
  - If you have any questions/concerns, you may call our office: Monday-Thursday. If it's after hours, you can call or text Dr. Julia at **(704)-953-5027**. Please note, calls/texts after 9PM will not be returned until the following morning. If you decide to call, please leave a detailed message on the voicemail. Should you experience a medical emergency, call 911 immediately!



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