



David K. Hunter, DDS
Brandon R. Brown, DDS
Michael R. Pace, DDS, MD
Michael Whitcomb, DMD, MD
Deep Patel, DMD
Zahid Lalani, DDS, PhD, MBA

Diplomates, American
Academy of Oral and
Maxillofacial Surgery

Grapevine

Baylor Regional Medical Center
1612 Lancaster Drive
Grapevine, TX 76051
(817) 329-4979

Irving

Baylor Health Center at Irving-
Coppell
440 W Interstate Hwy 635,
Suite 445
Irving, TX 75063
(972) 401-8301

Keller

Centerview Office Park
1139 Keller Parkway
Keller, TX 76248
(817) 379-1654

Flower Mound

4130 Justin Rd.
Suite 105
Flower Mound, TX, 75077
(972) 371-0125

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After Bone or Soft Tissue Grafting

- Expect some discomfort and swelling in the area, which will resolve over the next week.
- The numbness (local anesthesia) lasts 1-3 hours. Be careful not to bite your lips, cheek or tongue.
- You *may* apply ice to your face twenty minutes on and twenty minutes off for the first 24 hours to help minimize swelling and discomfort.
- Bleeding varies, depending upon the procedure, but should not be prolonged or heavy. You may apply light pressure with moist gauze applied over the surgical site for thirty minutes to one hour. After that, repeat if necessary. Remove the gauze once the bleeding has tapered off.
- Diet should start with soft foods. Avoid chewing directly over the surgery site and avoid hot foods for the first day, as they may increase swelling and bleeding. Maintaining a soft diet for 1-2 weeks may be helpful in improving comfort. Avoid the surgical site for at least the first 2-4 weeks.
- Do NOT brush or floss the area directly for one week. You may brush your teeth so long as contact is made on teeth and not the surgical site.
- Do not pick or pull on the stitches. Most of the time, we use stitches that are designed to fall out on their own 5-7 days after surgery. You will have been instructed to return for removal of the stitches if they are not dissolvable.
- Tenderness may last a bit longer with grafting and may take 7-10 days to resolve. The healing time for both bone and tissue grafting varies and close follow-up should be maintained, if requested.
- Any prescriptions given should be taken as directed.
- Start using Peridex mouth rinse (if prescribed) and salt water rinses tomorrow. Peridex should be twice a day (morning and night) and salt water rinses should be 3-5 times a day for 1-2 weeks.
- Please report to the office excessive bleeding, nausea, severe pain, temperature over 101F by mouth, rashes/itching/wheezing, development of redness or drainage at the surgical site.

