

## **POST OPERATIVE INSTRUCTIONS- BONE GRAFTING**

Bone grafting is a procedure involving making your jawbone wider and in some cases taller. This means that the gums have to be stretched to cover this new bone. As it is stretched, it is hard for the gum to heal and we want to avoid any pressure on the graft site.

If you are wearing a denture, please do not wear it until you come in to get your stitches removed. Even after that appointment, wear it as little as possible reserving it only in cases where esthetics are important (ie going out).

Please avoid pulling your lip and cheek back to check how the healing is going. Lips are connected to the gums and pulling on them may increase the chance of the stitches opening up.

In most cases, the area will be ready for the next procedure (usually placement of implants) in 6 months. We do our best to contact you and book this appointment but if you cancel, it is your responsibility to rebook within this time frame. If you wait too long, the bone graft will start to resorb and you will lose the benefit of the procedure.

Please call the office (604-942-1006) with any concerns or questions.