

## Bone Augmentation after care instructions

- You may find small granules in your mouth for several days following the procedure. Do not be alarmed by these. It is common to have small bits come out of the augmentation site. This will not reduce the effectiveness of your procedure.
- Do not vigorously rinse or spit for 3-5 days.
- Do not apply pressure with your tongue or fingers to the augmentation area; the material is moveable during the initial healing phase.
- Do not lift or pull on the lip to look at the sutures. This could cause damage to the surgery site or tear the sutures.
- On the first day let the blood clot stabilize...do not rinse your mouth.
- Following the first day GENTLE rinsing is advised. Remember, not too vigorously.
- If you have a more urgent concern, please call the office. You will be given a number to reach Dr. Eckart directly.