



Dear Patient,

RE: Dr. Scott Waghorn Post- Socket Revision & Bone Graft with Collagen Membrane

Congratulations on a successful procedure completed without immediate complications.

Please read these instructions carefully and keep them for reference over the next few weeks. They are written in plain language, but if anything is unclear, phone the clinic immediately.

1. The First Hour

- **Bite firmly on the gauze** placed over the site for 30–60 minutes.
- A small ooze of blood or “pink” saliva is normal for the first day. If brisk bleeding resumes later, fold a fresh gauze pad (or a clean, damp tissue), place it directly over the area, and bite firmly for 20 minutes while sitting upright.

2. Protecting the Graft

- The bone particles and collagen membrane must **not be disturbed**.
 - **Do NOT:** rinse vigorously, spit forcefully, drink through a straw, probe the site with your tongue or fingers, or smoke/vape.
 - **Avoid** blowing your nose hard or sneezing with your mouth closed (if upper jaw).
- **Sutures:** Dissolve on their own, but we will still check them at your 7- to 10-day review—please leave them alone.

3. Pain & Swelling Control

- Begin pain relief **before the local anaesthetic wears off**, then take as needed:
 - Paracetamol 1 g every 6 hours (max 4 g in 24 h).
 - Ibuprofen 400 mg every 6 hours with food (max 2.4 g in 24 h).
 - You may alternate the two for steadier relief (e.g., paracetamol at 12 pm, ibuprofen at 3 pm).
 - If you cannot take anti-inflammatories, ask us for an alternative plan.
- **Cold packs:** Apply to the cheek (10 min on / 10 min off) for the first 6 hours to limit swelling and bruising.
- Mild swelling or bruising often peaks at 48–72 hours and then subsides.

4. Oral Hygiene

- **First 24 hours:** do not rinse. After that:
 - Gently rinse twice daily with chlorhexidine 0.12 % mouthwash for one week (swish for 30 s, then let it fall from your mouth—no vigorous swishing).
 - Brush the other teeth as normal. For the surgical site, start gentle wiping with an ultra-soft brush after day 7 if it is comfortable to do so.
 - Do not use electric toothbrushes or water-jets near the site for at least two weeks.
-

5. Diet

- **Today and Tomorrow:** soft, cool foods (e.g., yoghurt, smoothies by spoon, mashed vegetables, eggs, pasta, protein shakes).
 - **Two Weeks:** avoid nuts, seeds, popcorn, crusty bread, chips, and chewing directly on the graft side.
 - **Hydration:** drink plenty of water.
 - **No alcohol** for 72 hours (it increases bleeding and impairs healing).
-

6. Activity & Lifestyle

- Rest today; light activity is fine tomorrow. No vigorous exercise, heavy lifting, or contact sport for 48 hours.
 - **Absolutely no smoking or vaping** for at least one week (two weeks is better). Nicotine dramatically reduces graft success.
-

Should you have any questions or notice any unusual symptoms at any stage of your recovery, please email Scott at **scott@northshoredental.co.nz**. If concerns arise over the weekend, please do not worry—Scott is happy to help and prefers to be contacted by text message at **021737537**.

Follow-Up

Healing assessment / CBCT: at four months to confirm graft maturation and plan the implant.

Best regards,



Dr. Scott Waghorn BDS (Otago)