



# Cornerstone Dental Group

Rex Hawthorne, B.Sc. D.M.D.

**& Associates**

- 101-4005 27<sup>th</sup> Street, Vernon BC V1T 4X9
- Telephone 250.545.5604 • Email [thedentalteam@cornerstonedental.ca](mailto:thedentalteam@cornerstonedental.ca)
- [www.cornerstonedental.ca](http://www.cornerstonedental.ca)

---

## ***What we want you to know following your grafting procedure***

*In addition to the post-operative instructions for your extraction and/or implant placement:*

- Avoid any pressure on the area.
- Avoid eating in the region, ideally for 6 weeks.
- Avoid acidic foods; they can break down the materials.
- Careful brushing is required. Use a soft toothbrush and brush right up to the teeth adjacent to the surgical site; it is crucial not to allow plaque to build up.
- Rinse the area 3 times a day with warm, slightly salty water.
- If we provided you with an antimicrobial rinse, please rinse with it 3 times per day until completed. This is best done right after your salt water rinse.
- Do not use over-the-counter rinses such as Listerine or Scope.
- If you were prescribed an antibiotic, be sure to finish it.
- Do not worry if you notice small particles of graft material in your mouth; this is normal.
- Come in 2 and 4 weeks after the surgery for the dentist to evaluate the healing. It is possible that additional sutures will need to be placed. The membrane is typically removed at the 4 week mark.
- Continue with your rinse protocol for 2 weeks after the membrane is removed.

*Thank you, and if there are any questions or concerns, please don't hesitate to call the office.*

Office:	250.545.5604
Dr. Hawthorne:	250.260.0281 (cell)
Dr. Cordon:	647.459.6415 (cell)