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PERIODONTICS

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POST OPERATIVE INSTRUCTIONS FOR GRAFT SURGERY

COMFORT

Complete rest for the next 6-12 hours will ensure comfortable and complete healing. This is a time to be good to yourself. You deserve it.

SPECIAL MEDICATIONS

Pain medication should be taken before anesthetic wears off completely. **Do not** wait for pain to become severe. Continue taking medication, as necessary, tapering off to Advil, Nuprin or Tylenol when the prescription is no longer needed. **Do not** drink any alcoholic beverages while taking any prescription medications. Always take pain medications with some food to avoid nausea. Antibiotics or a medicated mouth rinse may be prescribed, take as directed. If a rash or other allergic symptoms appear, discontinue the medication and notify our office.

DIET

It is very important to maintain a nutritious diet during the healing period. A patient who eats good soft food feels better, remains comfortable and heals faster. During this period you should also increase your fluid intake. Avoid eating on the treated side of your mouth, if possible. A **COOL SOFT** diet is recommended for the first 24 hours; yogurt, jello, cottage cheese, cold pasta salad, etc. Stay away from hard crunchy foods such as; popcorn, nuts, tortilla chips and berries.

ORAL HYGIENE

DO NOT RINSE for the first 24 hours following treatment. Rinsing the mouth interferes with the clotting of blood. You may brush and floss your teeth everywhere except the surgical area. A surgical pack may have been placed. It is normal for the pack to gradually loosen and possibly fall out in 2-4 days, if not it will be removed at your scheduled one week follow up appointment.

Smoking will delay the healing process and can cause infection, Try to refrain from smoking preferably for one week following treatment.

SWELLING

An ice bag placed on the outside of your face over the treated area will minimize swelling. This should be done for the first 24 hours following treatment. Continue through the day of treatment for 15 minutes on and 15 minutes off for the first 4 hours. Then for 15 minutes every hour thereafter.

SURGICAL STENTS

A surgical stent has been made for you to keep pressure on the graft site. **DO NOT REMOVE** the stent for at least 24 hours. After 24 hours you may remove the stent to clean it after meals. The stent should be worn for one week. **DO NOT PULL** at the lip where the graft was placed.

BLEEDING

Do not become concerned if traces of blood are found in saliva. This will be normal for the first few hours after treatment. This can be controlled by sipping a glass of ice water throughout the day (**NO rinsing**). If bleeding persists, moisten a tea bag (not herbal tea) and compress in the area of treatment for 20-30 minutes. If bleeding still persists, contact our office.

FEVER

A slight fever or chills may occur. It is of no consequence unless it persists for more than 24 hours. A persistent low grade fever or a reading above 102 degrees should be reported.

FUTURE APPOINTMENTS

You should have been given a one week suture removal appointment. It should be kept as scheduled. Please call our office if you have any questions.