

## SUPPLEMENTAL POST OPERATIVE INSTRUCTIONS FOR GINGIVAL (GUM) GRAFTS

### **PALATAL GUARD** \_\_\_\_\_

If you had gum tissue taken from the roof of your mouth you may have been given a plastic palatal guard. Wear it for at least 24 hours. You may wish to wear the palatal guard when you eat. Do not rinse your mouth for 24 hours. Rinsing disturbs the blood clots.

### **BLEEDING** \_\_\_\_\_

You may notice dark colored blood under the palatal guard or in your mouth for the first day or two. This is normal. If there is bright red, continuous oozing or flowing, remove the palatal guard and apply pressure with a moist tea bag (black tea not herbal tea) for 20 minutes with your thumb against the roof of your mouth. If the bleeding does not stop within 20-30 minutes call the office.

### **BRUISING** \_\_\_\_\_

Bruising and swelling is normal, especially on the lower jaw. Expect the grafted area to change color. Red, yellow, and even white-gray colors are normal.

**OFFICE AND 24 HOUR NUMBER:**

**415-482-9901**

**MICHAEL SEDA, D.M.D., M.S.  
RACHEL BRINKER, D.M.D.**

**YOUR POSTOPERATIVE VISIT IS SCHEDULED FOR:**

\_\_\_\_\_

AT \_\_\_\_\_ : \_\_\_\_\_

**IF YOU ARE WORRIED ABOUT THE  
PROGRESS OF YOUR RECOVERY,  
PLEASE CALL OUR OFFICE.  
WE WILL BE ABLE TO ANSWER  
ALL OF YOUR CONCERNS**

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## WHAT TO DO AFTER PERIODONTAL SURGERY

**MICHAEL SEDA, D.M.D., M.S.  
RACHEL BRINKER, D.M.D.**

**PRACTICE LIMITED TO PERIODONTICS & IMPLANTOLOGY  
A PROFESSIONAL CORPORATION**

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**TEL: 415.482.9901  
FAX: 415.482.9902**

**W**e have prepared the following to help answer any questions you may have regarding your surgical procedure.

**P**lease read these instructions carefully. If the instructions are followed closely, you will experience minimal discomfort, and you will obtain an optimum level of healing. If you have any questions, please feel free to ask the doctors or staff to elaborate.

**A**nesthetics - The length of time you experience numbness varies depending on the type of anesthetic you've received. While your mouth is numb, you'll want to be careful not to bite your cheek, lip or tongue. The numbness should subside within a few hours.

**S**welling - It is important for you to remain as quiet as possible for the remainder of the day of the operation. Some swelling will occur and is normal following such treatment. This swelling can be minimized by the use of an ice bag applied to the outside of your face in the area of the surgery. Use the ice for 20 minutes; then take it off for 20 minutes. Continue this cycle for 24 to 48 hours. A frozen bag of peas works very well.

**M**edication - You may have been prescribed a pain medication, Naprosyn or Ibuprofen taken as directed will significantly minimize pain and swelling. Take the medication for the first three days whether or not you experience discomfort. If the medication prescribed does not seem to work for you, do not increase the dosage. Use it only as directed.

*If an antibiotic has been prescribed for you, it is critically important to finish the medication completely.*

If you have prolonged or severe pain, swelling, bleeding, or fever, call the office immediately. We will give you exact instructions on how to care for your problems.

**P**eriodontal Dressing - A periodontal dressing has been placed around your teeth. It serves the purpose of protecting the surgical site and should not be disturbed. The periodontal dressing will become semi-rigid within a few hours. The dressing should be permitted to remain in place as long as possible. Small particles may chip off during the week. If it falls off completely, this is okay.

**B**leeding - There may be some occasional blood in the saliva for the first four or five hours after the operation. This is not unusual and will correct itself. If there is considerable bleeding, take a piece of gauze and form it into the shape of a "U". Hold it between the thumb and index finger. Apply it to both sides of the surgical site, even if your dressing has fallen off. This will not disturb your healing. Hold it under gentle pressure for 10 minutes. Do not remove it during this process to examine it. If the bleeding does not stop at the end of this time, please contact our office. *Under no circumstances should rinsing be used to try to stop the bleeding.*

**R**insing - *Do not rinse for 24 hours following your surgery* After 24 hours, rinsing is an important part of the postoperative treatment. After that time period, gently rinse your mouth with warm salt water (half teaspoon of salt in an 8-oz. glass of warm water). If you have been prescribed Chlorhexidine 0.12% (Periogard, Peridex) rinse your mouth for 60 seconds and spit gently. Do not eat or drink for 1 hour following this procedure. Use this medication twice per day after meals unless instructed otherwise. Rinsing after meals is important to keep food particles out of the surgical site, but remember not to rinse your mouth vigorously.

**O**ral Hygiene - Brush normally, but avoid the surgical site until after your first post-operative visit. Try to keep food from accumulating in the surgical site by gently rinsing beginning 24 hours after surgery. Do not use the Sonicare.

**A**ctivity - Avoid excessive exertion of any type. Athletics and long exposure to the sun should be avoided for the first three days after the operation. Also... no swimming. You may experience a slight feeling of weakness, chills, or fever during the first 24 hours. This should not be cause for alarm, but it should be reported to the office.

**D**iet - It is desirable to maintain an adequate diet, rich in protein after surgery. Eat soft foods on the side of your mouth which was not treated. Avoid hard foods. Eggs, milk, cottage cheese, soup, jello, custard, cooked cereals and "instant breakfasts" are easy to eat during the first few days. After the surgery, drink lots of liquids and eat soft, nutritious foods. Avoid alcoholic beverages and hot liquids. Begin eating solid foods the next day or as soon as you can chew comfortably. Chew food on the side opposite the surgical site. If you are troubled by nausea and vomiting call the office.

**S**moking - **Do not smoke during this healing period.** Smoking will delay your healing and cause you to experience more pain.

**S**edation - If you receive sedation, do not drive or operate any machinery for at least 24 hours. If you are taking narcotic pain medication, do not drive or operate any machinery. Take only as directed.

**If adverse reactions to any medications occur, such as nausea, itching, swelling or a rash, or if any other problems arise, please do not hesitate to call the office.**

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**PERIODONTAL SURGERY**