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POST-SURGICAL INSTRUCTIONS FOR GRAFTS

Care of the mouth following periodontal surgery is very important for proper healing. Each person responds differently than another. Similar procedures on one side of the mouth may vary greatly from the other side as to post-operative discomfort, swelling, bleeding and duration necessary for healing. Following these instructions will speed the healing process and reduce pain, swelling and bleeding.

SWELLING

1. Some swelling may occur and is normal. (Maximum swelling will be in five days)
2. Today use an ice pack on the operated area (15 minutes on, 15 minutes off) for a minimum of four (4) hours, but ideally until you go to bed. Sleep on two (2) pillows.
3. Tomorrow and next few days, if swelling is present, use ice packs (15 minutes on, 20 minutes off) to reduce swelling.

FOOD

Precautions should be taken for one week after surgery to avoid biting on the areas where grafts have been placed. No hot or spicy foods for five (5) days after surgery.

PHYSICAL ACTIVITY

You should remain calm with little or no vigorous activity for 72 hours.

BLEEDING

If oozing or bleeding persists, pressure can be applied with the thumb and moist gauze over the area for 15 minutes. If bleeding persists on the graft site, a moist gauze should be applied with **moderate** pressure for about 15 minutes, 3 to 4 times. A moist tea bag may also be used. Remove any clotting first with a moist Kleenex or gauze. This is painless and easily done by wiping/pulling the clots away.

DISCOMFORT

There will be discomfort about the graft sites which may remain for possibly 5 to 9 days, or longer. Appropriate medication will be given and should be used as prescribed.

ORAL HYGIENE

Normal brushing can be completed in all areas except directly on the lip and cheek side of the teeth where the grafts have been placed or on the roof of the mouth from where the tissue was taken. On these areas, careful brushing of the tooth surface can be done. Please use the prescribed mouth rinse on the surgical sites twice a day.

The grafts may have a whitish or grayish appearance for 5 to 10 days after surgery, but this is normal until full blood circulation is restored. The graft and the surrounding tissue will eventually blend together and appear as normal mature gingival (gum) tissue.

QUESTIONS

If you have any concerns or questions that are not answered by these instructions, please contact Dr. Lacrampe at (925) 518-5973 cell.

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