



Periodontics

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PRACTICE LIMITED TO PERIODONTICS
AND DENTAL IMPLANTS

POST-OP INSTRUCTIONS FOR ROOT COVERAGE GRAFTS (Connective tissue grafts and/or any soft tissue grafting)

1. These grafts are **VERY FRAGILE** for the first 48 hours. The most important thing you can do to ensure the success of your gum graft is to leave the area alone, including keeping your tongue away from it until your return visit. **DO NOT** pull your lip or cheek to look at it or it can cause the graft to come loose! Avoid getting hit or bumped in the mouth. The slightest movement of the graft may result in failure. Make every effort to minimize the movement of your cheeks and lips; and keep your talking to a minimum the day of surgery.
2. Remember you just had surgery, so please **REST** for the remainder of the day.
3. When you leave our office today, you may have a stent in the palate of your mouth. Its purpose is to protect your palate. Leave the stent in your mouth all day today and tonight. Take it out tomorrow morning; rinse it off, and then **WEAR YOUR STENT WHEN EATING** until your palate heals. The stent will protect the area of surgery from the action of your tongue and from your food. If your stent does not stay in, or if it is more of a hindrance than a help, take it out. We would prefer for you to leave it in for your protection and comfort. If the roof of your mouth starts to ooze or hurt, put the stent back in your mouth to relieve it.
4. Apply your ice pack to the outside of the face in the area of surgery. Hold it lightly and very still against the skin. Do **NOT** rub the ice pack back and forth. Hold the ice pack 20 minutes on/20 minutes off the site for at **LEAST 4 hours** immediately after surgery. Longer is better, especially if you are uncomfortable.
5. If you were prescribed an antibiotic, take it as directed and until all gone, unless you have a reaction to the medication and then contact us immediately. Pain medications/Anti-Inflammatory drugs should be taken as directed and as noted on the bottle. Two Tylenol tablets taken every 4 hours can usually be used to supplement your medication, if more pain relief is needed. Always take your medications with at least 8 ounces of milk or food to decrease the chance of an upset stomach. Taking pain medications and antibiotics at different times will also help prevent this problem. Again, if you have any reactions to the medications, please call us immediately.
6. A slight amount of bleeding for a day is quite normal; however, if the bleeding is excessive and black clots form please call us immediately. **NEVER** rinse or soak your mouth on the first day with warm salt water. **DO NOT** place dry tissue, cotton or gauze in the mouth unless instructed by us.