

Post Operative Instructions (Grafts)

1. **Discomfort and Medication:** Periodontal surgery, like other surgical procedures, may be associated with degrees of discomfort. This depends on the procedure involved and individual differences. If analgesics (pain killers) have been prescribed, it is usually best to take the first dose while the surgical site is still anesthetized (numb). All medications should be taken strictly as prescribed. The interval between taking the medications has been carefully determined to give you the maximum use of drugs. Please do not drive if you take the pain killers such as Vicodin and Tylenol No. 3. Please avoid driving and/or operating dangerous equipment, as it can become very dangerous while taking narcotics.
2. **Bleeding:** You may notice slight bleeding from the surgical site or most likely the roof of the mouth. This type of minor bleeding for one or two days is not unusual and is not a major concern. Cold water held in the mouth will help slow bleeding. Applying firm thumb pressure with gauze will aid in stopping the bleeding and in rare cases where the gauze does not seem to help, a moist tea bag will stop the bleeding when applied with pressure. If at any time you notice the formation of large blood clots or an obvious flow of blood, notify Dr. Bashiri at once.
3. **Sutures:** Sutures (stitches) are placed to hold the gum tissues in the proper position for ideal healing. We want you to return so that they can be fully removed once significant healing has occurred. Do not disturb the sutures.
4. **Diet:** There are no limitations on diet as long as you are comfortable with the food. We recommend a soft diet. Avoid hard, fibrous, or sharp foods (corn chips) as these may be uncomfortable. Maintain a diet with a normal calorie level that is high in protein, minerals, and vitamins. Eat as normal a diet as possible. It is not time to start a diet right after the surgery. Drink plenty of fluids.
5. **Oral Hygiene:** Do not brush the area for two weeks. Continue to brush and floss the teeth that were not involved in the surgery. You may rinse with warm salt water. Please start to wipe the grafted area after seven days with a Q-tip.
6. **Physical activity:** Avoid strenuous physical activity during your immediate recovery period, usually 2 to 3 days. Exercise may cause bleeding since the heart rate goes up.
7. **Smoking:** If you can not quit completely, you should at least refrain from smoking for the first 24-48 hours. Please note that smoking will jeopardize the success of the graft.
8. **Swelling:** Some swelling is normal, and an ice pack held on the cheek for intermittent periods (10-20 minutes on and 10-20 minutes off) during the first 24-48 hours may help reduce the swelling. For any residual swelling, heat is encouraged (hot water bottle and heating pad etc.).

If other questions arise, please do not hesitate to call the office at (925) 689-8110.

PRACTICE LIMITED TO PERIODONTICS

2991 Treat Blvd., Suite J, Concord, California 94518
Telephone (925) 689-8110 Fax (925) 689-1220