



Georgetown Periodontics & Implant Dentistry

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SOFT TISSUE GRAFT POST OPERATIVE INSTRUCTIONS

******DO NOT PULL BACK YOUR LIP TO LOOK AT THE SITE OR DO ANYTHING THAT MAY DISLODGE THE GRAFT AS IT IS VERY FRAGILE WHILE HEALING******

- 1. DISCOMFORT AND MEDICATIONS:** Periodontal surgery, like other surgical procedures, may be associated with varying degrees of discomfort. It would not be atypical to have discomfort throughout the first week following the procedure. **Pain medication should be taken immediately upon leaving the office once something soft is eaten. Often, we prescribe Hydrocodone (Lortab) or Percocet for pain. Both medications have acetaminophen (Tylenol) and can be rotated with ibuprofen. If able to take ibuprofen, this will help with inflammation and reduce swelling. If an antibiotic (Amoxicillin, Z-pak) is prescribed, please start that on the first day. Mouth rinse is to be started two days after surgery once in the morning and once in evening. Do not vigorously swish the rinse. The goal is simply to coat the tissue. A Medrol dosepak will be sent in as well, please start this 3 days post-operative.**
- 2. BLEEDING:** You may notice slight bleeding from the surgical site. Minor bleeding for one or two days is not unusual and is not a major concern. If at any time you notice the formation of large blood clots or any obvious flow of blood which is more than light ooze, notify your doctor at once.
If intense palatal bleeding occurs, with stent in place, place one roll (two gauze each) on each side of the mouth between the biting surfaces of the teeth. Please bite down for fifteen minutes and recheck bleeding. This may need to be done a few times. Pressure applied against the stent will aid in stopping palatal bleeding. Contact the doctor (ideally via text as to not talk) at (606) 369-5046 or (502) 570-5700.
- 3. TALKING:** Talking during the first 24 hours should be limited as much as possible. Talking will cause movement of the stent and encourage bleeding. When possible, texting or writing information is ideal.

4. TYPICAL STENT WEAR SCHEDULE:

0-24 hours	REMOVE AT THE END OF 24 HOURS, RINSE AND PLACE BACK IN MOUTH
1-7 days	Generally, in more than out
7-14 days	Generally, just needed while eating
Day 14-21	Only wear if needed

******Please text or have someone call if you need clarification on deviation from this plan.**



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5. **SWELLING:** Some slight swelling of the operated area is not unusual. You should also keep your head elevated above the level of your heart during the first 24 hours after surgery. This may necessitate the use of several pillows to support your head and upper body while sleeping. If swelling occurs, it usually disappears after a few days. Any unusual or large swelling should be reported to your periodontist at once. **ICE AND HEAT ARE NOT TO BE APPLIED AS COMPRESSION OF THE GRAFT SITE CAN REDUCE BLOOD FLOW TO THE AREA.**
6. **SUTURES:** Sutures ("stitches") are placed to hold the gingival tissues in the proper position for ideal healing. **Sutures will be removed three weeks following surgery. Do not disturb the sutures with your tongue, toothbrush or in any other manner since displacement will impair healing.** If you notice that a suture has come out or come loose, notify your periodontist during regular office hours.
7. **DIET:** A soft diet is recommended for three weeks following surgery. The first couple days items such as broth, soup, ice cream, yogurt, Ensure, and mashed potatoes are encouraged. Following that, anything from a crockpot would be adequate until sutures are removed. **Chew food on the opposite side of the mouth where a procedure was performed.** Avoid hard, fibrous or "sharp" foods (such as corn chips) as these may be uncomfortable and can dislodge the periodontal dressing or gingival tissues. **Drink plenty of liquids, BUT AVOID USING A STRAW.** It is important to maintain a diet with a normal calorie level that is high in protein, minerals and vitamins to support post-operative healing.
8. **ORAL HYGIENE: DO NOT BRUSH OR FLOSS THE SURGICAL AREA.** Continue to brush and floss the teeth that were not involved in the surgery. The surgical area should not be disturbed until the sutures are removed. After your sutures have been removed, we will provide a soft toothbrush to allow cleaning of the treated site. Do not use electric tooth brush or waterpik for 3 months after your procedure date at the treated site.
9. **PHYSICAL ACTIVITY:** Avoid strenuous physical activity during your immediate recovery period, usually 2 to 3 days.
10. **SMOKING:** All smoking should be stopped until after your sutures have been removed to ensure the best healing and success of your surgical procedure. Healing results are significantly worse in smokers than in non-smokers.
11. **ALCOHOL:** The combination of alcohol and certain pain medication is not recommended.
12. **DO NOT'S:** For the next several days, do **NOT** spit, use tobacco products, rinse hard, drink through a straw, eat hard or crunchy foods, create a "sucking" action in your mouth, use a commercial mouthwash, drink carbonated soda or use an oral irrigating device.