



Post-Operative Instructions for tissue graft

For your comfort, safety and to help prevent possible complications read the following.

ACTIVITY

After leaving the office, relax for the remainder of the day. Avoid strenuous activity for 3 days. If you have been given a sedative, do not: drive, watch children, make serious decisions or operate machinery for at least 8 to 10 hours.

SWELLING

Some swelling may be present the day after the surgery and may peak at 48-72 hours after surgery. Cold liquids are important for reducing swelling, discomfort, and bleeding. Sip ice water, ice tea, frozen yogurt, milkshakes, or similar cold liquids and keep the surgical area cold for the remainder of the day after surgery. Do not use a straw, as suction can start the bleeding. Swelling can also be minimized by placing an ice pack over the treated area, on the outside of the face. Continue for 24 hours after surgery alternating on and off at 20 min intervals.

BLEEDING

There should be minimal bleeding after surgery. When you leave, you may have gauze placed in your mouth. It may be removed once you get home. You may have a pink discoloration of your saliva for up to 24 hours; frank bleeding (bright red) is not to be expected. Should bleeding occur, take a piece of gauze, make a firm compress and place directly over the area which is bleeding. Apply steady pressure for 30 mins. Placing a moistened tea bag (not herbal tea) over the area may be more effective. Sit quietly in an upright position to aid in controlling the bleeding. If these measures do not stop the bleeding, call doctor immediately.

EATING, DRINKING, SMOKING

High protein soft foods and liquids are important during the 3-5 day postoperative period. During this time avoid solid, spicy, salty, hot foods, hot or carbonated liquids and do not: spit, smoke, rinse hard, drink through a straw, or create a "sucking" action in your mouth. If you are comfortable you can start eating solid food after 3-5 days. Do not drink alcohol for 8 days following surgery. Do not smoke during the post surgical period, as wound healing will be delayed. Ask us about new treatments to help you quit smoking.

CARE OF THE DRESSING

If a dressing was placed over the surgical site, try to stay away from it the first few days. It is primarily for comfort. If the dressing should become loose or fall off, and there is no increase in the level of discomfort, it is O.K. to leave it off.

ORAL HYGIENE

Do not brush your teeth or rinse your mouth for the rest of today. Tomorrow you may begin rinsing with your prescription “Chlorhexidine” If Dr. decides to prescribe this to you if not warm salt water rinses. It will keep the surgical area clean while it heals. Rinse twice daily for 30 seconds and don’t eat or drink for 1 hour. Make sure you brush and floss the rest of your teeth as usual to minimize infection and staining but don’t use an oral irrigating device for six months. Do not disturb the surgical area for 6 weeks; you can brush the inside of the teeth area just not directly over the surgical area.

LOOSE STITCHES

“Sutures” are placed to hold the gum tissues in the proper position for ideal healing. Dr. usually places dissolving sutures. Disturbing the sutures will impair healing. If you noticed a loose or missing suture, it is not urgent; contact us during regular hours for instructions.

MEDICATIONS

Following the instructions on the bottle for prescribed medications. If an adverse occurs, (nausea, itching, swelling, severe diarrhea), stop the medicine and contact the office immediately.

We normally prescribe medications to keep our surgical patients comfortable

-**Antibiotic:** you will usually begin taking the day of surgery and continue taking after surgery until gone.

-**Non-narcotic, anti-inflammatory pain reliever:** this will also help reduce swelling and reduce pain. This is your “baseline” pain medication.

-**Narcotic pain reliever:** Although severe pain is unusual, you can take this, every 6 hours as needed after surgery for pain, in addition to the anti-inflammatory. It can cause drowsiness, and is best taken before bedtime.

-**Antiseptic rinse:** Begin using the day after surgery. It will keep the area clean during healing.

DISCOMFORT OR FEVER

A slight fever is usual after a simple procedure for a day or so. Fever may also be caused by inadequate fluid intake. If you have a high fever or more pain than can be controlled with your prescriptions call us. Your teeth may be sensitive to extremes of hot, cold, and sweets. This is completely normal and usually diminishes as healing progresses. Good plaque control helps the

desensitizing process. It is also helpful to brush with toothpaste for sensitive teeth. If the sensitivity does not improve, let us know.

NORMAL BUT UNUSUAL

If bruising occurs, the application of a moist warm towel will help eliminate the discoloration quicker. The towel should be applied continuously for as long as tolerable beginning 36 hours after surgery (ice packs are used for the first 36 hours only). A sore throat may also develop. The muscles of the throat are near the injections sites. This is normal and should subside in 2-3 days. If the corners of the mouth are stretched, they may dry out and crack. Your lips should be kept moist with a lip ointment.

Notify the Office if:

- Your medications do not relieve your discomfort
- If you develop a fever above 99.5F
- If you have any unusual swelling, uncontrolled bleeding or discharge.
- If you develop any changes in vision, balance.

If any questions or concerns please contact McRae Dental @208-895-8486