



Tissue Graft Pre-Surgical Instructions (with Sedation)

Dr Hunt will be performing your gum surgery. We believe that surgery goes much smoother when the patient is well-informed and knows what to anticipate prior to the surgery. Here are a few points we would like to cover. Please feel free to ask as many questions as you need to feel comfortable.

1. Before Surgery

Please follow as directed on attached Sedation Instructions.

2. Length of Surgery

You can anticipate your surgery to be between **1 and 1 1/2 hours long**, with some lulls in between.

3. Comfort During Surgery

Dr Hunt believes in having you fully numb. He will gladly give you more anesthetic if you ever feel you need more. Since **Local Anesthetic** alone may not be adequate for you, you have opted to take advantage of "sleep dentistry" (Please see attached Sedation Instructions). **You are welcome to bring in your own phone with earbuds to listen to your own music, audio book, or whatever makes you comfortable during your procedure.**

4. Diet After Surgery

Avoid eating icy cold foods such as smoothies etc the first 24hours after your surgery. We suggest that you eat **soft foods** high in **protein and carbohydrates** as they give your body fuel to heal. You can stock up on foods such as yogurt, cottage cheese, mashed potatoes and chicken noodle soup etc. prior to surgery. After the 2nd or 3rd day, you can return to a normal diet as tolerated.

5. Comfort After Surgery

Dr Hunt believes you should be comfortable after surgery as well. He will give you prescription strength **Ibuprofen** to keep inflammation from occurring, as pain is really a response to inflammation. You will take one prior to starting. You will also be given a pain medication in the event that you need it. At your 1 week post-op appointment, you will also be prescribed an antibacterial mouth rinse that helps with the healing process.

6. Follow-ups After Surgery

Dr Hunt will follow you up for as long as he needs to ensure proper healing is occurring. The typical post-operative follow-ups are at **1 and 3 weeks after surgery**. At the 1 week post-op he will assess the surgical site and see how it is healing. He will take out any stitches you may have and instruct you on an oral hygiene routine to practice until your next follow-up. At the 3 week follow-up he will do the same as the prior follow-up. If the healing is within normal limits, no more follow-ups are needed and he will give you a complimentary polish of your teeth. If Dr Hunt feels you need continued follow-up we will do so until he feels comfortable with the healing process.

Please feel free to call the office anytime before your surgery if you have any further questions or concerns. We will give you a courtesy call about 2 days before your surgery.

