



Tissue Graft Post-Surgical Instructions

NOTHING COLD FOR 24 HOURS

These Instructions should help make your post-surgical period go as smoothly as possible. We have gone through them with you in person however please feel free to call the office if you have any questions after reviewing this again at home.

1. ANESTHESIA: Dr. Hunt used a long-acting Novacaine to anesthetize you during your surgery. You will most likely be numb for 5-7 hours. The anesthesia also has an analgesic affect for up to 3 days after your surgery meaning it will “take the edge off” for those first few days.

2. COMFORT AND MEDICATIONS: Periodontal surgery, like other surgical procedures, may be associated with varying degrees of discomfort depending on the procedure performed and individual differences.

Dr. Hunt has prescribed you the following medications:

- 1) **Ibuprofen (800 mg) 1 every 4-6 hours for at least 3 days with meals plus bedtime.**
- 2) **Tramadol 1 a day, at night as needed for pain.**
- 3) **Chlorhexidine (Peridex) mouth rinse - 2x a day, once in the am and once in the pm, beginning at the 1 week post-op.**
- 4) **Amoxicillin 1 tablet 2x per day for 7 days until gone.**
- 5) _____

All medications should be taken strictly as prescribed. The interval between doses and the total length of time that you are to remain on your medications has been carefully determined to give you the maximum benefit with the minimum of drugs. Varying from the prescribed regimen may affect healing and the overall success of your procedure.

3. SWELLING: Some slight swelling of the surgical site is not unusual. **Ibuprofen** has been prescribed to help decrease the likelihood of this. It is most effective when taken while you are still numb so that swelling does not have the chance to occur. Pain is a response to swelling so if you can control swelling you can control pain. 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 there is any unusual or excessive swelling associated with pain, please notify Dr. Hunt.

4. BLEEDING: You may notice slight oozing from the surgical site. This type of minor bleeding during the one or two days after surgery is not unusual and need not be of major concern. You can usually stop the bleeding by **gently biting down on a piece of wet gauze** that you have placed over the surface of the surgical site. If at any time you notice the formation of large clots or an obvious flow of blood which is more than a slight ooze, please notify Dr. Hunt.

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5. SUTURES AND DRESSINGS and STENT: Dr. Hunt may have placed sutures (“stitches”) to help the gums heal. **Do not disturb the sutures** with your tongue or toothbrush, since displacement may impair healing. If you notice that a suture has come loose or come out, please notify Dr. Hunt. Dr. Hunt may have also placed a periodontal dressing around your gums and teeth. The dressing is placed over the surgical area to protect it during initial healing as well as comfort measure and should not be disturbed. **If small pieces of or the entire dressing falls off, and you have no discomfort, there is no cause for concern.** If this happens in the first 2-4 days, please notify Dr. Hunt. Both stitches and dressing will be removed at your 1 week post-op appointment. Dr. Hunt may have made you a surgical STENT to ensure the roof of your mouth is comfortable during the first week after surgery. Please leave the stent in for the first 24 hours. After 24 hours, you may remove it to brush it clean, rinse it off and replace it, doing this once in AM and once in the PM. To remove the stent, use your fingernail to reach the far back corner of the stent and pry it until it breaks the suction seal. At day three, continue using the stent when eating but try going without it when not eating. By day 5 you should be able to try eating without the stent in and by your 1 week post-op you should be weaned off of the stent completely.

6. ORAL HYGIENE: Continue to practice good oral hygiene after your surgery. You can brush and floss all areas not involved in your surgery. **The surgical area should not be disturbed for the first week after surgery.** After week one, use the mouth rinse in the area 2x/day. **Do not rinse vigorously** or gargle. After sutures have been removed, generally after 1-2 weeks, you should lightly clean the area using a sponge-tipped swab dipped in mouth rinse. After the three-week post-op appointment you will be able to resume brushing the area gently with the extra soft toothbrush we will give you. **Do not resume use of commercial mouth washes or oral irrigation devices** until directed to do so by Dr. Hunt.

7. DIET: For your health and comfort and to protect the surgical area, a **soft diet** is recommended. Soft foods may include chicken noodle soup, eggs, jello, yogurt, cottage cheese, banana, milk shakes, pureed fruits and vegetables and soft meats such as fresh fish and canned tuna and shaved deli meats. Foods should be high in protein, carbohydrates and vitamins and minerals to give your body fuel for healing. Vitamins A, C and E and multivitamins are especially helpful for healing. Calcium and Magnesium are good for bone healing. Foods fortified with nutrients, such as Carnation instant breakfast or Cream of Wheat, are also good sources of nutrition for healing. Avoid chewing in the area of surgery. Avoid hard, crunchy, or “sharp” foods, such as chips or carrots, these may be uncomfortable and can dislodge the periodontal dressing. **Drink plenty of liquids**, like water, soups and fruit juices, but not carbonated drinks. **THIS IS NOT THE TIME TO START A DIET**, as this can have detrimental effects on healing and lessen the chances of success of the surgical therapy. **Do not drink out of a straw** as this tends to break down blood clots.

8. PHYSICAL ACTIVITY: Limit your activity level for the remainder of the day. **Avoid strenuous activity**, such as exercising or heavy lifting, for the first 3 days. Heavy activity can cause bleeding to start and may dislodge the blood clot that is forming in your surgical site. Get plenty of rest to allow the positive energy in your body to go towards healing.

9. SMOKING: ALL SMOKING SHOULD BE STOPPED, at least until your stitches are removed, to ensure optimal healing and the success of your surgical procedure. Research shows healing is significantly compromised in smokers. If you must smoke, cover the treated area with tissue and/or limit smoking (not more than 5 cigarettes/day).

10. ALCOHOL: All intake of alcohol should be stopped until after your sutures have been removed and continue to minimize intake for the next several weeks to enhance healing. Alcohol also has the tendency to breakdown blood clots and may lead to “dry socket”.

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11. SPECIAL INSTRUCTIONS: _____

Please feel free to call Dr. Hunt at anytime immediately after your surgery or even weeks or months down the line if you have any questions or concerns. He is here to make your healing process go as smoothly as possible and to give you the best possible results from your surgery.

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