

Post Surgical Care Instructions (Soft Tissue/Gum Grafting)

1. Avoid disturbing the surgical area, especially during the first 2-3 days.
2. A soft diet is recommended for the first several days following surgery as the most common source of trauma is pulling or hitting the area, especially when eating.
3. Use of ice packs wrapped with a soft cloth 15-20 minutes every hour will reduce swelling and postoperative pain.
4. Medication(s) may be prescribed for postoperative pain or discomfort. An anti-inflammatory medication such as ibuprofen may be prescribed for moderate pain. The most beneficial aspect of the anti-inflammatory medication is prevention of swelling and, as a result, prevention of postoperative pain. A stronger narcotic type of medication may be prescribed in the event you experience moderate to severe postoperative pain.
5. As postoperative infection following periodontal surgery is rare, antibiotics are not prescribed as a matter of routine.
6. Avoid biting into hard foods and brushing the grafted area for 14 days.
7. During the first week, the surface of the graft may turn white and appear to fall off. This is a normal occurrence.
8. Sutures (stitches) were used which will dissolve and begin to fall out as soon as 3-4 days after the surgery.
9. Some oozing of blood from either the palate or the grafted area should be expected during the first few days.
10. If you experience active bleeding, try to identify the source and apply gentle, steady pressure for at least 5 minutes uninterrupted.
11. While resting keep head elevated, use extra pillows when sleeping, (2 or more).
12. If you have any questions or concerns, or experience any unexpected difficulties, please call our office at 790-2151. If the office is closed, you may reach Dr. Brown at home at 299-2448 or on his cellular phone at 591-5724.