



PEAK PERIODONTICS & IMPLANTS

SUPPORTING THE SMILE THAT SUPPORTS YOU

Post-Operative Instructions for Tissue Grafting

ACTIVITY:

- Rest, as much as possible for the next 24 hours.
- Sleep with your head elevated for the next 4 days.
- Avoid strenuous activity for the next 4 days.
- If you had IV sedation, DO NOT drive, operate heavy equipment, use power tools, or sign legal documents for the next 24 hours.

BLEEDING:

- Bleeding was controlled before you were dismissed from the office. You will be sent home with sterile gauze if slight bleeding or oozing returns. This is common.
- If oozing persists where the graft was placed along your teeth, dampen gauze with cold water and lightly press. Bleeding should subside quickly.
- If bleeding persists from the roof of your mouth, dampen gauze and apply firm pressure with your thumb for 15 minutes. A dampened green tea bag will also help to slow bleeding.
- Some oozing is normal for the first 24 hours. You should expect to see some bloody saliva over the next several days.

STITCHES:

- Stitches will be in place on the roof of your mouth and where the graft was placed. These are long term dissolvable.
- You will have a post op appointment roughly 2 weeks after surgery to remove sutures
- Do not pick or pull at anything in the mouth, if the stitches are bothering you call the office.

SWELLING:

- You can expect swelling for the next 3 to 4 days. The swelling will be the worst on days 2 and 3 and should start to gradually get better.
- You should keep an ice pack on the side of the face for 15 minute increments over the next 24 hours. Do not ice while sleeping.
- After 48 hours, switch to mild heat.
- If you have dentures or a prosthesis in place, do not remove it as it helps to reduce the swelling

PAIN:

- It is normal for pain to get worse over the next couple of days. Most discomfort is seen on days 2 and 3.
- Start taking the Ibuprofen/Acetaminophen within 4-6 hours after surgery. Repeat the Ibuprofen/Acetaminophen every 6 hours for the next 3 to 4 days. This will help to decrease pain as well as swelling.
- For more severe pain, add the narcotic pain medicine in between doses of the Ibuprofen/Acetaminophen.
- Do not take the Ibuprofen/Acetaminophen and the narcotic pain medicine at the same time because this will likely make you sick. You should alternate the narcotic and Ibuprofen/Acetaminophen every 3 hours. Always take your medication with food
- Do not drive or operate machinery while taking narcotic pain medication.
- You may have a palatal stent to wear. This helps with bleeding and it is for your comfort. Use at your discretion when eating. It needs to be removed periodically to clean the roof of your mouth. Rinse the sent with warm water to remove food debris.

DIET:

- Eat cold & soft foods the day of surgery (pudding, milkshakes, applesauce, yogurt, etc.).
- Drink as much clear fluids and water as possible but do not use a straw for 5 days
- Maintain a soft diet for the next several days. Luke warm soup, mashed potatoes, yogurt, pudding, etc. keep your calorie intake up to promote healing. Boost, Ensure or Carnation Instant Breakfast are nutritious and will help keep your energy up as well.
- Avoid hot foods or liquids for the first 24 hours. This may aggravate bleeding and can burn you while your mouth is numb.
- Avoid foods like nuts, seeds, popcorn and hard crunchy foods for the first week.
- Do not smoke!
- Do not consume alcoholic beverages for 24 hours following surgery or while taking pain medication.

ORAL HYGIENE:

- Try not to disturb the surgical area today. Do not rinse your mouth or brush your teeth today.
- Starting one day post op, gently apply the provided antibacterial PerioScience Gel 3 to 4 times a day for the next **two (2) weeks**.
- Starting one day post op, gently brush teeth but **avoid** surgical area. Do floss teeth around the surgical area.
- When we see you at the two week post op appointment, we will provide you with updated hygiene instructions and a soft bristle toothbrush

IF AN ANTIBIOTIC MEDICATION WAS PRESCRIBED MAKE SURE TO TAKE IT AS DIRECTED UNTIL COMPLETED

If any concerns, call the office during the day at 775-447-1191

If after hours, call Dr. Antoine at 636-248-0197

