

## **ELBERT CHANG, DDS, MS • ROCKVILLE PERIO, PA**

Practice Limited to Periodontics and Implant Dentistry  
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### **Post Operative Instructions for Grafts**

Please follow these instructions in caring for your mouth after grafting surgery. They are necessary for your comfort and good results. Periodontal post-surgical complications are uncommon; however, do not hesitate to contact us should any problems arise.

#### **Telephone Numbers**

Office: (301) 881-4867 during regular business hours

Dr. Chang's cell phone:

#### **Grafted Tooth or Site**

You need to be especially careful not to traumatize this area in any way. Any movement or pressure will compromise the results. This includes pulling on the lip, so do not look at the surgical area. Do not eat in the area or brush it for two weeks – use the prescribed rinse instead. If the site bleeds, try to relax and let it stop on its own.

#### **Palate (Roof of Mouth)**

If a soft tissue graft was taken from your palate and you are bleeding from the donor site, sit quietly and apply firm pressure with your thumb for 20 minutes using a moistened gauze or tea bag. You may have to repeat the process. If bleeding persists, call us.

If you were given a plastic plate, wear it full time for the first week; during the second week, only when eating. If you are bleeding from the palate, place your thumb on the plate and apply strong pressure as described above.

#### **Oral Hygiene**

Do not brush or floss your teeth for two weeks.

Use the prescribed rinse to keep your mouth clean. Gently rinse for 30 seconds, making sure to it contacts all surgical areas. Do not spit; rather, let the rinse drop from your mouth. Drink only clear liquids and do not eat for about two hours after rinsing.

#### **Eating**

Eat soft foods for two weeks following surgery. Avoid crunchy, hot, or spicy foods during that time. Be sure to drink plenty of fluids. Do not use a straw.

#### **Numbness/Tingling**

The local anesthetic may persist 2 to 10 hours after the procedure. Be careful not to chew on your lip, cheek, or tongue while numb. Occasionally, numbness may persist for some time at the surgical site(s) and usually improves with time.

#### **Swelling**

Your face may swell slightly around the treated area. This is normal. The swelling will peak at 2 to 3 days and gradually decrease. Should swelling continue to worsen beyond 3 days, contact us.

\*\*\*If the swelling makes breathing or swallowing difficult, call 911 immediately\*\*\*

*(over, please)*

**Bruising**

You may experience slight local bruising. Occasionally, it may extend onto your neck. Bruising should resolve after several days.

**Sutures**

The sutures (“stitches”) placed in your gums need to left in place until dissolved on their own or removed by your doctor. Avoid playing with or pulling on them. If a suture becomes loose and interferes with eating, speaking, etc., please call us.

**Physical Activity**

Avoid strenuous exercise or other demanding physical activity for the first 48 hours after surgery.

**Smoking**

Smoking delays healing. Smokers have more post-surgical complications than non-smokers. If you are a smoker, it is in your best interest to stop smoking for as long as possible after surgery.

**Alcohol**

Alcohol interferes with many medications that may have been prescribed to you, so avoid mixing alcohol and the medication(s) that you have to take.

**Prescriptions/Medications**

- Periogard (rinse) – see “Oral Hygiene” instructions
- \_\_\_\_\_ (antibiotic) – Make sure to take as directed for the entire length of time prescribed.
- Motrin/Advil/ibuprofen or Tylenol – Take at a regular interval (every 6 hours or so) for the next 2 to 3 days. They work much better this way. After 3 days, the pain should start to subside. If the pain persists or gets worse, call our office right away.
- Vicodin/hydrocodone (narcotic pain medication) – You may take this if needed, but it is optional. You might want to take it before going to bed. It may make you dizzy or drowsy so use caution engaging in activities requiring alertness, such as driving or using machinery. It already contains Tylenol (acetaminophen), so do not take them concurrently.
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**Additional Instructions**

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