

POST-OPERATIVE INSTRUCTIONS FOLLOWING SOFT TISSUE GRAFTING

1. CARE OF THE MOUTH:

- DO NOT PULL DOWN AND LOOK AT GRAFT.

- Use only gentle mouth rinses, such as warm salt water.
- If Peridex mouth rinse was prescribed, **begin** using it the day following the surgery.
- Gentle brushing of the teeth is acceptable however, do not brush the portion of the tooth that was grafted for one week.
- A Q-Tip dipped in the **prescribed** mouth rinse can be used to swab the grafted area to keep clean.

2. DISCOMFORT:

- Discomfort will vary in intensity; according to the extent of the grafting performed.
- Please use the prescribed medication as directed.
- Do not drink alcohol or drive after taking the prescribed medication.
- It is best to take medication with milk, juice, or an 8 ounce glass of warm water; not on a completely empty stomach.

3. SWELLING:

- A slight amount of swelling or even discoloration is expected, but is not unusual following some procedures and usually disappears within four to five days.
- To control swelling, apply an ice pack to the area for 5 minutes on and off.
- Cold packs should only be applied during the first 24 hours after surgery.

4. BLEEDING:

- A slight seeping from the wound is to be expected for at least 24 hours after the surgery.
- This is best controlled by applying pressure with the gauze that has been provided.
- A tea bag can also be utilized with pressure against the wound.
- If heavy or persistent bleeding occurs, please call the doctor for instructions.

5. DIET:

- Adequate nutrition is essential for normal healing.
- A high protein diet is desirable, i.e., milk, eggs, cottage cheese, yogurt, ground meat.
- Fluids are also important, i.e., water, milk, fruit juices, unless they irritate the mouth.
- Avoid hot, spicy foods or hard foods that may dislodge sutures or the surgical dressing.

6. SURGICAL DRESSING:

- A surgical dressing may be placed.
- The dressing takes approximately 2 hours to become hard, therefore, avoid excessive movements of the tongue, lips or cheeks or eating during this time.
- **It is not uncommon for the dressing to come off before your first check-up.** Simply throw the dressing away, and do not try to replace it. - Call the office if there is substantial bleeding or pain that results after the dressing has been removed.

EMERGENCY PROCEDURES: IF AFTER HOURS CALL:

Dr. Almaraz (775) 230-0217 Cell

Dr. Syndergaard (775) 400-6301 Cell

Dr. Bauerle (702) 577-5198 Cell