

POST-SURGICAL INSTRUCTIONS FOLLOWING SOFT TISSUE GRAFT SURGERY

- ACTIVITY** Restrict activities and physical exertion the day of and the day after periodontal surgery, being sure to get plenty of rest. Strenuous aerobic exercise is not recommended for 48 hours. We strongly discourage smoking during the initial healing period, as this may increase pain and will adversely affect healing.
- MEDICATIONS** All medications prescribed should be taken according to directions. Narcotic pain medications should not be mixed with alcohol, tranquilizers, or sleeping pills. Antibiotics should be taken until gone. If itching, rash, or diarrhea develops, discontinue any further use of medication and call the office. Antibiotics have been shown to possibly decrease the effectiveness of birth control pills. Please check with your gynecologist if necessary.
- DISCOMFORT** Some soreness or discomfort may develop when the anesthetic wears off. The anti-inflammatory pain medication, Etodolac, should be taken before the anesthetic begins to wear off. Etodolac should be taken regularly for the first 48-72 hours. You can alternate over the counter Tylenol in between Etodolac doses. If you have excessive pain, swelling, and temperature spikes (sharp rises), please notify the office. The stronger narcotic prescription for pain, hydrocodone with Tylenol, may be taken if needed by alternating Etodolac and hydrocone every 4 hours. Canker-X topical paste, an oral pain reliever, can be used on the roof of the mouth after the third day. Canker-X is available at most pharmacies.
- DRESSING** The material which may have been placed around your teeth is an oral bandage. It is placed primarily for your comfort. If the bandage is lost or becomes loose before your next appointment, **do NOT reapply the bandage.** If you are uncomfortable or concerned, please contact the office for further instructions.
- SX STENT** You may have been given a surgical stent to wear in the palate. This is used to protect the donor site and is primarily for comfort. You may elect to wear it as much or as little as comfort dictates. However, it should always be removed when using Peridex rinse.
- SWELLING** Slight swelling of the face, or bruising, is not unusual following periodontal surgery. This is a normal response and should not be a cause of alarm to you. The amount of swelling/bruising varies with every patient and with the extent of the surgery. **Swelling/bruising can be minimized by applying ice packs over the affected areas during the first 48 hours (10 minutes on, 5 minutes off, or alternating sides.)** For the first 48 hours crushed ice placed inside the mouth is helpful and aids your level of hydration. **Moist heat can be applied intermittently after 48 hours until swelling resolves. Swelling/bruising may be greatest on the 3rd or 4th day and should subside thereafter.** At this time you can also start warm salt water rinses, 1tsp of salt with 8 oz glass of warm water. **Arnica cream** can help with reducing colorization of bruising and swelling and can be purchased at most local drug stores
- BLEEDING** Slight bleeding for as much as 24 hours is normal, and will turn your saliva red. Vigorous rinsing of the mouth interferes with clotting, but cold water or strong iced tea held in the mouth will help stop any seepage. Tea bags moistened and held under pressure, for 20- 30 min, on either side of bleeding area will also stop most seepage. When lying down, keep your head slightly elevated to prevent increase of blood pressure in this area. An old pillowcase may be recommended the first night following surgery. If bleeding continues, contact the office at once.
- DIET** Nutrition is important to the healing process. At first, you may find it difficult to chew so you might want to eat smaller amounts more often, instead of more complete meals. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. Avoid hard brittle foods or foods containing tomatoes, onions, pepper, or spices. Many soft foods can be chewed comfortably and the diet can be supplemented with liquid nourishments such as Ensure, Metrecal, or Carnation Instant Breakfast. Drink plenty of fluids. In summary, during the first 24 hours, the diet should be cold and soft. (Hot foods or liquids can increase bleeding and swelling.)
- HYGIENE** Oral hygiene procedures are important during the initial phase of healing; however, at the surgical sites avoid direct oral hygiene for the first week. Areas covered with a periodontal dressing do not lend themselves to conventional hygiene measures, but you may lightly brush the surface of the packing to remove plaque. Begin using Peridex rinse the morning after surgery, at the surgery sites, as directed. Please brush and floss the unaffected areas of your mouth as you would normally.

Dr. Hamrick's Telephone #'s:
Dr. McKenzie's Telephone #'s
Dr. Whitley's Telephone #'s

Office- 919-846-2480
Office- 919-846-2480
Office- 919-846-2480

Cell- 919-280-8317
Cell- 919-360-8450
Cell- 252-883-8881