

Instructions Following Grafting

Care of Surgical Areas:

You may continue to brush and floss nonsurgical areas as normal. Modified home care will be reviewed for the surgical site(s) and updated at your post-operative appointment.

Rinse twice a day with the prescribed mouth rinse, Chlorhexidine (Peridex). After use, avoid eating or drinking for 30 minutes. Please note Chlorhexidine can temporarily cause staining. If staining does occur, it can be polished off after the rinse is no longer needed. Warm salt water rinses (1 cup water, 1 teaspoon salt) can be used throughout the day as needed.

No brushing or flossing in surgical area(s) until directed. It is best not to disturb the surgical area(s) by bumping, rubbing, or touching the involved areas. This includes taking extra care while using an ice pack. **The graft site(s) must be left undisturbed.**

What to Expect following Surgery:

It is important to understand, at times, you may experience discomfort, swelling, bleeding, or bruising. Every patient is different and there is no way of predicting if you will experience these symptoms.

- Discomfort: You may experience discomfort. To help control tenderness:
- Take prescription medication **before** anesthesia wears off.
 - Continue to take prescription as directed for 24 hours.
 - If needed, acetaminophen (Tylenol) may be used in combination with prescription medication for added relief.
- Swelling: It is normal to experience swelling after surgery. To minimize swelling:
- Apply ice packs for 3-4 hours at 20 minutes intervals for first 3 days.
 - Moist heat may be applied thereafter for added comfort.
 - Keep activity light and avoid exertion for 1-2 days.
 - Contact sports/gym should be avoided for 2 weeks.
 - In general, with increased activity comes increased discomfort.
 - If prescribed, begin Medrol Dose Pak the morning of surgery.
- Bleeding: Drainage is normal for several hours following surgery. To help control bleeding:
- Do not rinse the mouth for 4 hours following surgery.
 - Keep your head elevated by propping with 2-3 pillows.
 - If bleeding becomes excessive, call our office.

Sutures:

A combination of sutures will be placed, some of which will be coming out in a few days. It is important to leave sutures as undisturbed as possible.

Medications:

Please take prescribed medications as directed. Alcoholic beverages should be avoided while taking tablet medications.

Smoking:

Smoking slows healing and may jeopardize this procedure. It is recommended smoking be eliminated or reduced as much as possible during the post-operative period.

Diet:

Please refer to the Dietary Suggestions pamphlet that you received prior to surgery. A soft food diet is recommended for 2 weeks. Do not chew anything that might cause discomfort, poke, or abrade the surgical area(s). Refrain from using a straw for 1 week.

Contact Information:

If questions arise regarding the progress of your healing, please contact our Office at:

Periodontal Specialists - Austin	507.437.6679
Periodontal Specialists - Cottage Grove	651.459.1953
Periodontal Specialists - Northfield	507.663.1815
Periodontal Specialists - Owatonna	507.451.1920
Periodontal Specialists - Red Wing	651.388.4774
Periodontal Specialists - Rochester	507.288.1338
Periodontal Specialists - Winona	507.454.7142

After office hours, questions or concerns can be addressed by calling: 1.877.504.5103