

## Post Surgical Instructions for: Gum Grafting / Periodontal Cosmetic Procedures

### Brushing / Flossing

- Do not brush or floss the treated area(s) for 1 week. You will be scheduled for a follow-up appointment in 7-10 days and proper brushing /flossing of the area(s) will be reviewed at that time
- You may brush and floss all other teeth normally

### Eating

- Softer foods will be desired for the first few days. Avoid crunchy, hard, spicy, salty foods (pretzels, nuts, chips) for 1 week as they will irritate the treated area(s)
- Avoid hot foods for the 1<sup>st</sup> day (hot soups, coffee, tea) as they will increase swelling to the treated area(s). Warm foods can be consumed on the 2<sup>nd</sup> day.
- Cut food into small pieces and chew on the untreated side of your mouth
- **Avoid drinking with a straw for 3 days as this can create bleeding from the palate (roof of the mouth)**

### Sutures

- Sutures (stitches) are resorbable and will come out within 5-10 days. They may untie, become loose and hang down from the palate. Do NOT attempt to pull or remove the sutures. If they are long and bothersome, you can trim them with small scissors

### Bandage

- A white or pink bandage is placed over the treated area(s). Do Not disturb the bandage. It will eventually fall off. Do not be alarmed if it falls off with-in 1-3 days following the surgery. If it stays in place, it will be removed at your 1 week follow-up visit
- Do not worry how the tissue looks once the bandage comes off. It is normal for the tissue to be thick, swollen, red or white in color. The swelling will be present for approximately 2 weeks and the tissue will become pink in color the longer it heals. Final healing is approximately 6 weeks

### Bleeding

- Some medications may increase post-operative bleeding such as Aspirin, Plavix, Xarelto, Eliquis
- You may experience bleeding from the **Palate** (roof of the mouth) and/or the **Grafted Area(s)**
- **If you experience bleeding**, follow the below directions

#### Palate

- Moist gauze will be sent home with you to apply pressure to the palate
- Do Not apply pressure to the palate if it is not bleeding
- If bleeding occurs, fold in half one piece of moistened gauze, place it on your thumb, and apply direct pressure to the palate until the bleeding stops. You will need to change the gauze periodically as it will become saturated
- If bleeding continues after 20 minutes of applying pressure, replace the gauze with a moist small tea bag. The tannic acid in the tea will help to control the bleeding. Unfortunately the taste is not pleasant

#### Grafted Area(s)

- Apply light to medium pressure with 3 fingers to the outside of the face in the area where grafting was performed
- Do NOT apply pressure to the tissue on the inside of the mouth
- A dark blood clot may form over or under the bandage. Do NOT disturb the clot by attempting to remove it. It will eventually release on its own

**If bleeding continues, call the office 317-844-2792 or after hours emergency 317-691-4169**

### **Discomfort / Swelling**

- You may **gently** place a cold pack on the outside of the cheek for up to 20 minutes every 2 to 4 hours. This is most effective the first 24 to 72 hours following the surgery
- It is normal to experience pain, throbbing or discomfort. Typically the most soreness occurs during the first 3 days. The discomfort can last up to one week
- “Delayed discomfort” is possible. This means that you may feel little to no discomfort the 1<sup>st</sup> week but do experience some the 2<sup>nd</sup> week
- Minimize talking as much as possible the first day in attempt to help with discomfort
- It is normal for the palate and the grafted area to feel swollen or puffy
- Refer to **Bandage** on first page for further explanation of swelling
- Bruising to the cheek or chin may occur

### **Working**

- It is not advised to return to work the same day of surgery due to discomfort and possible bleeding of the palate
- You likely will be able to return to work the following day
- **If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day. You are NOT to drive until the following day**

### **Exercising**

- Avoid exercising or heavy lifting for 2 days

### **Smoking**

- It is best not to smoke during the 1<sup>st</sup> week following the surgery as it will delay the healing process, cause bleeding, and compromise the result of the graft

### **Prescription Mouth Rinse**

- Rinse twice daily (after breakfast and before bedtime) for 1 week

### **Antibiotic**

- Take as directed until gone

### **Pain Medication**

- Take as needed
- Ibuprofen, Tylenol, Advil, or prescribed medication

### **1 Week Follow-Up Appointment**

- An appointment will be scheduled for you to return 7-10 days following the surgery
- Proper brushing and flossing will be reviewed at this time

### **6 Week Follow-Up Appointment**

- Final healing will be assessed and results will be corresponded to your dentist

### **Questions or Concerns**

- **Office # 317-844-2792**
- **After hours emergency # 317-691-4169**