



Post- Grafting Surgery Instructions

DO NOT RINSE MOUTH TODAY. 48 hours from the time of extraction, rinse mouth very gently every 3-4 hours (especially after a meal) using one teaspoon of salt to a glass of warm water. Continue rinses for one to two weeks.

DO NOT SMOKE or drink through a straw for one week. Avoid alcohol for 48 hrs to keep bleeding to a minimum, and help with healing.

BLEEDING. Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads or a moist tea bag over bleeding area and bite down firmly until bleeding subsides. Repeat if necessary.

SWELLING. Ice bag, chopped ice, or frozen vegetables wrapped in a towel should be applied to extraction site – 15 mins on and 15 mins off for 2 days.

PAIN. For mild to average pain levels use over the counter Tylenol, or Advil NO Aspirin. If the doctor has prescribed your pain medication, take as directed and only as needed.

FOOD. A light, soft food diet is advisable during the first 24 hrs. No warm or hot food preferably.

BONY EDGES. Small sharp bone fragments may work up through the gums during healing. These are not roots, if they are bothersome please return to office for simple removal.

SUTURES. Sutures may have been placed to hold the gums in the proper position for an ideal healing. Some sutures will resorb on their own and others will be removed by your doctor 1-2 weeks after surgery depending on your procedure. Some may be left longer, all depends on the case. **DO NOT DISTURB** the sutures with your tongue, toothbrush, or in any other manner since displacement may impair healing.

APPEARANCE OF THE GRAFT. During the normal course of healing, the tissue graft may change appearance and color. The color may appear white/gray/red during the healing period. Do not be alarmed by the appearance of the graft. To minimize the chance of failure do not disturb the graft area. Do not pull on the tissue to look and play with anything.

BRUSHING AND FLOSSING. Begin brushing and flossing the areas not operated on the day following surgery. **AVOID THE SURGICAL SITES** until given specific brushing instructions at your postoperative visit. You may notice a white film over the surgical sites. This is completely normal.

ANTIOXIDANT GEL. At your surgical visit, you will receive AO PerioScience Gel. It is a dental antioxidant that is very soothing and promotes healing. Apply two pumps to the surgical site every three hours during waking hours the first week after surgery, then 3 times per day until your first post-operative appointment. Avoid eating or drinking for 30 minutes after application of the gel.

ELECTRIC TOOTHBRUSH AND WATERPIKS. DO NOT use an electric toothbrush such as Sonicare or Oral-B Braun or Water Pik for 8 weeks following your surgery in the area.

- **Proper care and cleansing following your procedure will hasten recovery and prevent complications. No strenuous exercise for 48 hrs following your surgery.**
- **If unusual symptoms call the office.**