

## Post-Operative Care

### Tissue grafting

#### **CARE OF THE MOUTH:**

**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 post-operative visit. You may notice a white film over the surgical sites. This is completely normal.

**Mouthwash-** Use the prescribed mouthwash two to three times daily beginning the morning after surgery until instructed to discontinue.

**Electronic Toothbrushes- DO NOT** use an electric toothbrush such as Sonicare or Oral-B for **at least 6 weeks** following surgery unless instructed otherwise at your two week post op.

**Waterpik- DO NOT** use a waterpik for **at least 6 weeks** following surgery unless instructed otherwise at your two week post op.

#### **EATING:**

**First 24 hours-** Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to **COLD or ROOM TEMPERATURE LIQUIDS for the first 24 hours**. Dietary supplements such as Instant breakfast, Ensure and Boost are good choices. **AVOID peroxide, alcohol, carbonated beverages and drinking through a straw. After 24 hours, gradually progress to soft foods such as cooked vegetables, baked fish, pasta, eggs, soup, baked potato, etc. which are easily chewed and swallowed until we see you for your two week post op.** DO NOT SKIP MEALS. If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster.

#### **ACTIVITIES:**

**REST-** Plan to rest at home the remainder of the day of surgery and the following day (if you choose). You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling. After 24 hours, you may return to your regular schedule, but **avoid strenuous activities such as heavy lifting, jogging and exercise programs as well as excess time in the sun, etc. for 5-7 days following surgery.**

**Traveling-** No flying for 1 week after surgery

#### **MEDICATIONS:**

**Pain medications-** The office will provide an **800mg Ibuprofen for the patient to take as soon as possible, make sure the patient is able to swallow.** This medication is meant to be in their system before the numbness wears off. It is always better to prevent discomfort than to try and play catch up. The patient should take either Ibuprofen or the prescription pain medication within one hour after treatment with protein shake (given to patient from office), milk, fruit juice or a full glass of water. **Never take pain medication on an empty stomach.** This medication may be repeated every 6-8 hours as needed for discomfort. The patient will be asked to take **1 tablet (800mg) of Ibuprofen or Advil 3 times a day for three days.** If the patient is allergic to Ibuprofen/Advil Dr. Zambon will inform the patient of what medication to take instead.

**Antibiotics**- Take prescribed antibiotics as directed until all have been taken.

**Steroid Dose Pack**- If prescribed, take as directed.

### **SWELLING:**

**ICE PACKS**- Some swelling can occur after surgery. Typically the worse swelling happens three to four days after the surgery. To minimize swelling, you will be advised to use an ice pack which the office will provide. Place the ice pack on the outside of your face, over the treated area for **20 minutes, and then take it off for 20 minutes.** Continue to apply ice packs as much as possible the first **24 hours after surgery.**

### **BLEEDING:**

Slight bleeding or oozing is normal during the first 1-2 days following surgery. You may or may not leave the office with a piece of gauze over the surgical site. **If you leave with gauze over the site, the gauze should remain over the site for 20 minutes.** If the surgical site **is bleeding or oozing once the initial piece of gauze has been removed then the gauze should be replaced with a new, moist gauze.** If excessive bleeding occurs after the first 24 hours, please call our office. If it is after hours please contact Dr. Zambon on her cell phone.

### **Palatal Stent:**

If the tissue grafting was done using your own tissue you will leave our office with a palatal stent. This device is similar to a clear orthodontic retainer and it is meant to protect your palate while the harvest site is healing. The harvest site will be sutured with sutures that will dissolve between 5-14 days. **Please do not remove the stent for any reason within the first 48 hours.** After the first 48 hours you may remove the stent. If you would like to leave the stent out after the first 48 hours that is at your discretion. Some patient's choose to remove it for good, some patient's choose to remove and clean it and then wear it while they eat or drink. It is up to you! Once you have removed the stent you may begin brushing your upper teeth unless the surgery was performed on the **ANY** of the upper teeth. Please limit your tooth paste so you do not have to rinse too much and avoid brushing the inside (back side of teeth).

### **SUTURES:**

**Resorbable**- The resorbable sutures used usually will be resorbed by the time you return for your post-operative visit. **DO NOT REMOVE SUTURES ON YOUR OWN!!**

**Non-Resorbable**- If non-resorbable sutures were placed, they will be removed at your post-operative visit. **DO NOT REMOVE SUTURES ON YOUR OWN!!**

### **SMOKING:**

**DO NOT SMOKE for 3 weeks after surgery.** Smoking is detrimental to healing tissues and will affect the results of surgery. **If you can stop smoking for 3 weeks postoperatively, you may as well quit all together.**

**Please do not be alarmed if one of the following occurs:**

- Light bleeding
- Slight swelling or bruising
- Some soreness, tenderness or tooth sensitivity
- Medicinal taste from Peridex

**Please call our office so that we may render further treatment if any of the following occurs:**

- Prolonged or severe pain
- Prolonged or excessive bleeding
- Considerably elevated or persistent temperature

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