

Gum Graft Surgery Post-Operative Instructions

1. Following periodontal surgery, you are likely to experience discomfort as the local anesthetic wears off. Please take the pain relief medication as prescribed.
2. Immediately following your operation, you should apply an ice pack to the surgical side of your face at 20 minute intervals for the first 72 hours. An ice pack will be provided at the end of your surgery.
3. **Abstaining from smoking for 6 weeks following surgery will dramatically improve healing, post operative convalescence and smoking exerts profound negative effects on graft survivability!**
4. Please limit yourself to a soft diet initially and avoid hot foods. As healing progresses, you may then eat any non irritating foods. For a few hours after you leave the office, you may notice that your saliva is slightly pink in color. **This is normal.**

Should significant bleeding occur:

- **Do not rinse your mouth**
- Apply pressure at the site with a moist gauze
- Apply an ice pack
- Limit activity. Excessive exertion of any type is to be avoided.

The day of surgery please avoid:

- Smoking
- Sucking on the area
- Excessively hot drinks (room temperature)
- Alcohol for 48 hours
- Do **not** use a straw (suction) as this may stimulate bleeding.

5. The periodontal dressing, if placed, should not be disturbed. If the dressing falls off, after the first 24 hours, this is not a cause for concern. Simply continue with the postoperative protocol as recommended.
6. If a Chlorhexidine rinse (Peridex®) was prescribed, rinse for a 3 full minutes pre-operatively. Post-operatively, rinsing should be avoided initially as it may cause bleeding. Instead, simply swab the surgical site with Peridex® 3 times daily in the morning, midday and evening for 6 weeks following surgery.
7. **Do not brush or disturb the graft sites until the sutures are removed.** At that time, Dr. Acharya and her staff will instruct you on the appropriate techniques to optimize healing.

8. The teeth in the area of the surgery may seem looser initially. Once healing is complete, mobility should return to pre-surgical levels. Try to ignore the feeling of looseness and avoid developing the habit of moving the loose teeth with your tongue or fingers or of gritting or grinding your teeth. It is possible to cause further loosening of your teeth with such habits.

9. Exercise places a strain on our body. To foster optimum healing, avoid all exercise for the first 2 weeks following surgery. Thereafter, strenuous exercise ideally should be avoided for 6 weeks following surgery.

The roots of your teeth were uncovered during surgery. You may experience temporary sensitivity to hot and cold, to tooth brushing and to certain foods. Should these symptoms develop, please notify our office so that a desensitizing treatment can be arranged and/or desensitizing medications prescribed. Once the sutures are removed, it is essential to keep the exposed root areas absolutely clean. Bacterial plaque if allowed to remain on your teeth and gums will increase your sensitivity and risk the development of infection. Failure to adhere to the recommended oral hygiene regime may cause your sensitivity to worsen, rather than improve.

****PATIENTS ARE ADVISED NOT TO OPERATE A MOTOR VEHICLE OR MACHINERY FOR 24 HOURS FOLLOWING ANY PROCEDURE WHERE SEDATION HAS BEEN EMPLOYED****

Should any issues or concerns arise, please call the office. Irrespective of the hour, do not hesitate to contact Dr. Acharya and advise her of your concern. After hours you may contact Dr. Acharya by cell phone & contact information given at chair-side.