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Post-Operative Care Following Tissue Graft Surgery

- 1) Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning.
- 2) No vigorous rinsing, drinking through a straw, or spitting for 24 HOURS so the blood clot will not be disturbed.
- 3) Today, rest as much as possible with your head elevated. No vigorous exercising for 3 days.
- 4) Slight bleeding is normal for several hours following surgery. If persistent bleeding occurs, place a wet tea bag on the involved area and apply direct pressure for 15-20 continuous minutes. Repeat as necessary.
- 5) Do not pull back the lips or cheeks to look at the area as this can disturb the surgical site and increase complications.
- 6) Do not eat in the surgical area for 1 week. Soft nutritious foods will be necessary for the first few days. Avoid acidic, spicy, hot (in temperature), and crunchy foods. Drink plenty of fluids.
- 7) Do not use tobacco or drink alcohol as these will delay healing.
- 8) Swelling can be lessened by placing a cold compress on the face and alternating on and off for 10 minutes during the first 24 hours.
- 9) Take all medications the doctor has prescribed for you according to directions.
- 10) For 10 days following surgery, use the mouth rinse which was prescribed to you. After 10 days, *gently* rinse your mouth with ¼ teaspoon of salt in 8 ounces of warm water 3 times per day. If no rinse was prescribed to you, starting 24 hours after surgery, *gently* rinse your mouth with ¼ teaspoon of salt in 8 ounces of warm water 3 times per day.
- 11) Do not brush the surgical site. You may brush everywhere else. Please use prescribed rinse for 10 days after 10 days use lukewarm salt water rinse 2-3 times per day (30 seconds of swooshing with each use). **Vigorous rinsing should be avoided!**
- 12) After periodontal surgery, sensitivity of the teeth may occur. This is remedied by maintaining proper oral hygiene and by the use of specially formulated sensitive toothpaste, such as Sensodyne.
- 13) If a periodontal pack has been placed in your mouth, do not remove it. The pack should remain in place for 1 week. If the pack comes off before this time, it is not an emergency, but the doctor should be notified.
- 14) Return for your appointment to have the periodontal pack and any sutures removed. If the sutures loosen or come out within 3 days, please inform the office.
- 15) If you have questions or concerns, please call our office at (212) 422-9229.