



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 3 days 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 by 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 20 minutes during the first 72 hours.
- 9) Take all medications the doctor has prescribed for you according to directions.
- 10) Starting 24 hours after surgery, *gently* rinse your mouth with $\frac{1}{4}$ teaspoon of salt in 8 ounces of warm water 3 times a day.
- 11) After periodontal treatment, proper oral hygiene must be maintained in the surgical area to aid in healing. After 1 week, carefully brush the teeth while avoiding the gums in the area of surgery. The gums and lower parts of the teeth should be cleaned with a dampened piece of cotton. Gentle flossing can be resumed in 2-3 weeks. Regular brushing can be resumed after 3 weeks.
- 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.