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## Post-Operative Care After Gum Graft Surgery

### *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 postoperative visit. You may notice a white film over the surgical sites. This is completely normal.
- **Mouthwash:** Use the prescribed mouthwash twice daily beginning the morning after surgery until instructed to discontinue.
- **Electric Toothbrushes:** **DO NOT** use an electric toothbrush such as the SONICARE or ORAL-B BRAUN for 6 weeks following surgery.
- **Water Pik:** **DO NOT** use a Water Pik for at least 6 weeks following surgery.

### *EATING*

- **First 24 Hours:** Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to **COLD LIQUIDS**. Dietary supplements such as INSTANT BREAKFAST or ENSURE are good choices. **AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES and DRINKING THROUGH A STRAW.**
- **After First 24 Hours:** Gradually progress to soft foods such as cooked vegetables, baked fish, tuna, pasta and meatloaf, which are easily chewed and swallowed. **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 needed. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling.
- **After First 24 Hours:** You may return to your regular schedule, but avoid strenuous activities such as heavy lifting, jogging, exercise programs, etc. for one week following surgery.

## ***MEDICATIONS***

- **Pain Medications:** Take pain medication within one hour after treatment with milk, fruit juice or a full glass of water. Never take pain medication on an empty stomach. This medication may be repeated every 3-4 hours as needed for discomfort.
- **Antibiotics:** Take prescribed antibiotics as directed until all have been taken.
- **Steroid Dose-Pak:** If prescribed, take as directed. If your appointment is late in the day, it is important to take all 6 tablets the day of surgery.

## ***SWELLING***

- **Ice Packs:** Some swelling usually occurs after periodontal surgery. To minimize this you will be advised to use ice packs. Place the ice pack on the outside of your face over the treated area for 10 minutes and then take it off for 10 minutes. Continue to apply ice packs as much as possible for the first 24 hours after surgery.

## ***BLEEDING***

- Slight bleeding or oozing is normal during the first 1-2 days following surgery. If excessive bleeding occurs, please call our office.

## ***SMOKING***

- **DO NOT SMOKE for 3 weeks after surgery.** Smoking is detrimental to healing tissues and will affect the results of surgery.

## ***SUTURES***

- **Resorbable:** The resorbable sutures used usually will be resorbed by the time you return for your post-operative visit.
- **Non-Resorbable:** If non-resorbable sutures were placed, they will be removed at one of your post-operative visits.

**It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please call our office anytime: 718-225-2131.**