

Perio Central

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Periodontics & Implantology

INSTRUCTIONS FOLLOWING SOFT TISSUE GRAFT SURGERY

Following surgery you will be given prescription medications; use them as directed. If you have an adverse reaction (skin rash, hives, etc.) to any of the medications, discontinue use and call Dr. Aeschliman. If you feel that you are having a serious reaction with difficulty breathing, chest pain, or other serious symptoms, call 911.

1. After having sedation, it is very important that on the day of surgery you stay at home and rest. It will take several hours for the effects of the medication to wear off. Do not drive a car, operate machinery, use alcohol or conduct business for the rest of the day. Rest is very important for the healing process, so it is advised to rest for a day or two after grafting surgery.
2. Use an ice pack over the surgical area as directed by surgical staff. Alternate placement on and off every 15 minutes.
3. Liquids and soft foods are recommended the first 2-3 days. We will provide you with a separate page of food selections. Drink plenty of water. Avoid alcohol. No smoking or chewing tobacco. Avoid foods which will dislodge graft or surgical packing.
4. Do not brush or floss directly on the surgical site. You need to brush and floss your other teeth as you normally would. If needed, warm salt water can be used to gently rinse mouth.
5. If you were given a plastic covering (stent) for you upper teeth, wear it for **3-4 days constantly**. This stent is for your comfort and protects the surgical incision on your palate. After 3-4 days, the stent can be removed, but should be worn while eating. At this time the stent can also be cleaned frequently by gently brushing and rinsing.
6. If any sutures were used in conjunction with your surgery, they will be removed in our office in 7-10 days. Sutures and surgical grade super glue are used to hold the graft in place. Please do not attempt to remove sutures yourself. If sutures fall out, there is usually no need for intervention, but please call the office if you feel there is a problem.

Slight oozing of blood, that tints the saliva light pink, is normal for the first few days after surgery. If continuous bleeding occurs from the donor site, try applying firm pressure with gauze pads to the palate.

Please remember that oral skin grafts are very fragile for the first week following surgery. You will need to take special care to protect the site so that the graft will not displace. Please call the office with any concerns.