

POSTOPERATIVE INSTRUCTIONS FOR GINGIVAL GRAFTING PROCEDURES

MOUTH CARE: THE GRAFTED AREA IS VERY DELICATE AND MUST BE PROTECTED FOR SIX WEEKS.

Please **AVOID** the following:

1. Brushing the grafted area.
2. Vigorous rinsing or swishing.
3. Incising of food over the grafted area.
4. Any physical contact with the graft.

An anti-microbial rinse (PERIOGARD) may be prescribed and this is to be used starting 24 hours after the surgery. The rinse should be allowed to pool in the surgical site, again avoiding any vigorous swishing. The rest of the mouth can be cleaned in a normal manner after the first 24 hours.

DRESSING: A dressing or covering may have been placed over the graft. A stent or retainer-like appliance may be used to cover the donor site on the roof of the mouth. This is for your comfort and can be used as much or as little as you like. The appliance does not influence healing rate or result. If removed from the mouth it should always be kept in water; drying may cause it to warp and change shape. The stent should be left in place undisturbed for the first 24 hours.

SWELLING: Swelling is usually minimal with this type of procedure, but an ice pack gently placed over the grafted area (15 minutes on, 15 minutes off) - for the first 5 hours is helpful in minimizing any swelling. Care must be taken not to apply excessive pressure with the ice pack when the area is anesthetized or numb.

BLEEDING: It is not unusual to note some oozing which may stain the saliva. Be careful not to stain clothes or bedding. Under no circumstances should one try to control bleeding by rinsing. If bleeding is present apply moderate pressure using a damp gauze pad or moist tea bag for 15 minutes and repeat this procedure if necessary. Do not place a gauze pad over the graft area, use only on the roof of the mouth. If an acrylic stent was placed on the roof of the mouth, leave the stent in place and apply pressure directly to it. If this is unsuccessful, please call Dr. Davies at Office 967-5099, or Home 968-6391, Cell 923-4864 (using a touch-tone phone enter your phone #). **Do not drink through a straw or smoke for 24 hours after the surgery.**

DISCOMFORT: Some soreness or discomfort may develop when the anesthetic wears off. If a postoperative medication has been prescribed, the first dose should be taken as soon as a tingling sensation develops, as this is an indication that the anesthetic is wearing off. Medications should be continued as prescribed, as you need them.

POST-SURGICAL MEDICATIONS:

All medications prescribed should be taken according to directions. Under no circumstances should strong medications of any type be mixed with alcohol or other medications. Antibiotics should be taken until gone. If itching, rash or diarrhea develops, discontinue any further use of the medication and call the office.

DIET: Nutrition is important to the healing process. Eating smaller amounts, but more frequently is a good practice during the healing process. Examples of food that can be easily consumed include: bananas, cereals, puddings, soups, ice cream, bread, cottage cheese, yogurt, eggs, potatoes, soft vegetables. or commercial food supplements such as Instant Breakfast or Ensure. Foods that are heavily spiced, contain acid (strong citrus fruits, salad dressings with vinegar etc.) or have hard and brittle consistency should be avoided. Liquid intake for the first 3 days is highly encouraged to aid hydration and to help you feel better.

ORAL HYGIENE: No oral hygiene should be performed for the first 24 hours after surgery. After 24 hours it is all right to rinse gently with a warm salt-water solution (1/2 tsp. of salt in a 8 oz. glass of warm water). If you have been prescribed a mouth rinse (i.e. PERIOGARD or PERIDEX) use this instead of the salt-water rinse. After 24 hours. please brush and floss all areas except the graft area. as you normally would.

EXERCISE: Avoid as much physical exertion as possible for the first 3 days. Children should avoid any activity, which may result in inadvertent injury or trauma to the grafted area. After this time one can begin exercising, but do so lightly, any sign of bleeding or discomfort is an indication of over exertion and the exercise should be discontinued immediately.

CALL AT ONCE (if you experience):

- Fever in excess of 100 degrees
- Excessive bleeding (see above)
- Painful swelling beneath the lower jaw or ears
- Unusual reaction to any prescribed medications
- Anything of concern not mentioned above

Home ph#: 968-6391, Office ph#: 967-5099 or Cell #: 923-4864

INSTRUCTIONS FOR SEDATION PATIENTS: If you have been appointed for a surgical procedure, which will utilize Oral or IV sedation, certain precautions should be considered prior to your appointment.

- Do not eat solid foods for at least 6 hours before the appointment.
- Please advise Dr. Davies of any medications you are currently taking, regardless of how simple and ordinary the medication may seem (aspirin, antihistamines, etc.).
- Another person must drive you to your surgery appointment and remain in the reception area until the procedure is completed. They should also drive you home and remain with you for at least four hours.
- Wear a short sleeve shirt/blouse or a shirt, which can easily be rolled above your elbow.
- You should plan to go home and rest after completion of the surgical procedure.

Post Sedation Guidelines

The medication given to you today for your dental procedure will remain in your body for approximately 24 hours. You may feel dizzy or lose your sense of balance; your fine muscle control may be changed, and your judgment will be affected. Your reaction time such as in driving a car will be slowed. You may not recognize any of these changes.

6 D's

1. Do not DRIVE
2. Do not use potentially DANGEROUS appliances or equipment (stove, lawnmower)
3. Be aware of DIZZINESS: move slowly, take your time. Sudden position changes can cause nausea.
4. Do not make any important decisions- you may change your mind tomorrow.
5. Do not DRINK alcoholic beverages; the drug may cause your reaction to alcohol to be dangerous.
6. DISCUSS any questions you may have with Dr. Davies or Staff.