

Robert T. MacAlpine, D.D.S., M.P.H., P.A.
Periodontics and Implant Dentistry

Postoperative Instructions for Graft Surgery

Swelling

Slight swelling is normal in the surgical area. This is not unusual for the next 24 hours. Swelling can be minimized by applying an **ice pack to the face** over the surgical area. Apply for 15 minutes, then remove for 15 minutes, alternating until bedtime. After the first day, discontinue the use of cold packs and use warm, moist packs if necessary.

Rest

All activities should be minimized today and tomorrow. Try to **rest as much as possible** during the day and get plenty of sleep on the night following surgery.

Bleeding

A slight amount of post-surgery bleeding is normal. If bleeding occurs, place a moistened tea bag against the site and **apply firm pressure** until it stops. If heavy bleeding persists at the graft or donor site, please call our office at 828-254-1729.

Diet

Foods to avoid: hot food or beverages, spicy food, carbonated beverages, hard or crusty food (chips or bread), popcorn and seeded rolls. These foods can compromise the healing of the surgical areas. Also, **do not drink through a straw**. **Foods to consider:** soft foods and liquids such as yogurt, pasta, mashed potatoes and warm chicken soup.

Avoid trauma to the new tissue such as brushing the teeth, hard foods and bumping the mouth!!!

Avoid pulling your lip back or touching the surgical sites. Keep the surgical site quiet!!!

Do not brush or floss the surgical site(s) for six weeks. An anti-plaque rinse will be prescribed (PerioGard).

Rinse mouth with PerioGard twice a day after meals as directed. Avoid vigorous rinsing or spitting out.

Keep the plastic healing stent in tonight. Remove it tomorrow to clean it. Place it back in for your comfort and protection of the palate. If you feel comfortable using the stent, it can be used continuously for 1-2 weeks. If, after several days, you feel more comfortable without it, you can leave it out, but we recommend that you use it while eating.

Expect some discomfort. If anti-inflammatory medication has been prescribed, take as directed. Soreness may be more noticeable around days 3-5. Tylenol or Advil may be taken along with your prescribed medication for relief of moderate discomfort.

Bruising: In some cases, facial bruising can occur a few days following the surgery. Because surgical incisions do cut blood vessels, bleeding under the surface of the tissue can later appear as a bruise.

Please do not smoke for 6 weeks following surgery, as it will inhibit normal healing.

Post-operative Follow-up: Your post-operative visit will be at approximately **2 weeks**.

Please call: If problems arise or if you have any unfavorable reactions to medication, call our office at 828.254.1729 or 800.237.3746, or call Dr. MacAlpine's after-hour cell: 828.712.8290.