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Gingival Grafting Post Op

We suggest you consider relaxing or at least limiting your activity as much as possible for the remainder of the day. Avoid strenuous activity or aerobic exercise for the next 3 days.

Some discomfort may be present when the anesthesia wears off. You have been given a prescription for an anti-inflammatory (NSAID) analgesic. Please take one tab every 8 hours for the first 3 days. This drug will greatly decrease the possibility of post-surgical swelling and pain and has been shown to accelerate healing. After the first 3 days, 2 Tylenol, or 2 Advil taken every 4-6 hours as needed, should keep you comfortable. Should intense discomfort occur at any time after the surgery, please take the narcotic medication, as directed. You may take both the narcotic and NSAID together. Their analgesic effect will be synergistic.

It is common to have slight bleeding for a few hours following surgery. Most of the blood you may see in your mouth is actually a little bit of blood mixed with a lot of saliva. If bleeding persists, apply a tea bag to the surgical site with gentle pressure for 15-20 minutes. Let yourself rest for 15 minutes then repeat the application of the tea bag for a second time if you still have slight bleeding.

Brushing and oral hygiene procedures should be done as usual in all untreated areas. In exposed, operated areas limit your oral hygiene to brushing using a soft bristled toothbrush. In areas covered by periodontal dressing, brush only the chewing surfaces of teeth. Avoid dental flossing in operated areas during the first week following surgery. No undiluted mouthwash, salt water or peroxide rinses should be used during the first week following surgery. Also avoid the use of water irrigation devices such as Water-piks for 1 month following surgery. The exposed operated areas should be gently swabbed with a Q-tip (cotton tipped applicator) saturated with Synedent as a last oral hygiene procedure at bedtime and again in the morning, after eating and drinking. Do not pull your lip up and view graft site. Leave graft site alone until given verbal permission. Please remember this is a very delicate procedure.

High protein foods and liquids are desirable for 3-5 days following surgery. Semi-solid foods may be eaten as long as this may be done comfortably. Eggs, custard, yogurt, pasta, steamed vegetables, casseroles, cooked cereals are some things that you might consider eating during the first few days following your surgery. Avoid spicy, salty, acidic, very hot or very cold foods or liquids. Also, avoid nuts, chips or other crunchy or fibrous foods which may become caught between your teeth. No smoking or drinking through a straw and no carbonated or alcoholic beverages for 24 hours following surgery. The following nutritional supplements have been found to aid in surgical healing. Taking the following dosages for at least 4-6 weeks following your surgery can enhance healing: Multi-vitamin with minerals: Take once a day. Calcium: Take 500mg twice daily. Vitamin E: Take 400mg. Vitamin C: Take 1000mg once daily.