

SOFT TISSUE (GUM) GRAFTING

Post-Operative Instructions

Medications: Please take all medications as directed. Ibuprofen is prescribed to alleviate both pain and swelling, and should be taken for a minimum of 3 days, every 6 hours, then as needed. If you have been prescribed Vicodin, Norco, Tylenol #3, or any other narcotic, you CANNOT drive or operate heavy machinery as these drugs will make you drowsy, and may cause constipation as well. If you have been prescribed a steroid, this is to reduce swelling, and you must take the pills as directed on the box.

Antibiotics: If you have been given antibiotics, you must take them until all of the pills are gone. Be aware that antibiotic medication can counteract the effects of birth control pills, as well as cause diarrhea in some individuals. If this symptom occurs, please call the doctor.

Pain: You will experience the most pain/swelling approximately 2-4 days after the procedure. Use ice packs for the first few days for 20 minutes on and 20 minutes off, and keep your head elevated. Bruising may occur a few days after the procedure. Pain and swelling should become less pronounced after 3-4 days. If at any time after that period you have new pain, or new swelling, please call the doctor.

Bleeding: Some minimal bleeding is expected after the procedure, however, if at any time there is excessive bleeding, the first thing you should do is apply firm pressure with the gauze that was provided for 10 minutes. If the bleeding does not stop, please call the doctor.

Stent and Periodontal Bandage: If you have been provided with a clear stent to cover the roof of your mouth, please leave this in for 2-3 days, including at night. After that, you may remove it, then replace it as needed for your comfort. If a periodontal bandage was placed over one of the wound sites, avoid very hot foods/drinks, and it is okay if the bandage falls off before you come back for your follow-up visit. Both of these are for your comfort, and to protect the wound site as it heals.

Oral Hygiene: Do not brush or floss the grafted site until you see your doctor for the follow-up visit. You may use the antibacterial rinse that was prescribed as directed, however do not begin until 2-3 days after surgery - Rinse VERY GENTLY with a cap full for 1 minute at least 2X/day, usually once in the morning and once at night. You may also clean the teeth with a Q-tip that has been moistened by the rinse, however, avoid getting too close to the gums.

Eating: Drink plenty of fluids to remain hydrated after the procedure. Avoid eating immediately after the procedure as you will still be numb from the anesthetic. You may eat very soft foods on the opposite side of your mouth (a separate sheet can be provided with examples of foods you can eat).

Other Considerations: Do NOT pull your lip away to look at the surgical site! This will stretch the tissue and may compromise healing. After about 2 weeks the surgical sites will be feeling more "normal," however, these sites will not be mature until approximately 6 weeks after surgery. Avoid heavy lifting and strenuous physical activities for at least 1 week. Ask your doctor about specific exercise routines for more information on when you may resume these activities.

If you have any questions please call

Office Number: Park Ridge 847-318-0066

Palos Hills 708-430-1133

Dr. Chuck "Sr." Cell: 847-707-7734

Dr. Josie Cell: 847-774-5993

Dr. Chuck "Jr" Cell: 847-707-7784