

Champlain Periodontal

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POST-OPERATIVE INSTRUCTIONS FOLLOWING GINGIVAL GRAFTING

Discomfort: Some discomfort is expected and is usually controlled with the medications prescribed. While taking Medrol (steroid), do not take additional anti-inflammatory drugs such as Advil or Motrin (ibuprofen). Tylenol may be used. Once you have finished the Medrol prescription, you may begin taking ibuprofen as necessary. If you feel you need additional pain medication please contact our office.

Swelling: Swelling, bruising or a black eye may occur as a result of this surgery. These symptoms are a part of the normal healing process and usually peak at day three; these symptoms should resolve completely after one week. Apply an ice pack wrapped in a towel to the outside of your face immediately after surgery and continue, 20 minutes on and 20 minutes off, throughout the day and evening. Elevate your head with extra pillows following surgery. Sipping ice water or iced tea is helpful to maintain a cool mouth temperature and increase fluid intake. Do not use a straw for several days, as this creates a suction in the mouth and may increase bleeding or disrupt the graft.

Bleeding: You will likely experience some oozing of blood following surgery. A small amount of blood in saliva is normal and does not require attention. If you experience active bleeding, the source is likely the roof of your mouth. Locate the source of the bleeding and apply uninterrupted pressure with a moist gauze or tea bag for twenty minutes. If bleeding continues while applying pressure, relocate the position of pressure application. If bleeding does not stop with pressure, please call our office.

Oral hygiene: Please DO NOT brush or floss in the area where the graft was placed until after your post-operative visit in our office. At that time we will review the appropriate home care techniques with you. In all unaffected areas, continue your normal home care routine. Please use the prescribed mouthrinse at least twice daily to help keep the surgical area clean.

Diet and nutrition: A very soft to liquid, cool diet is recommended for the first few days after surgery. Avoid hot foods or drinks for the first 24 hours to limit bleeding and inflammation. Suggested foods for immediately after surgery: Jello, ice cream, milkshakes, yogurt, applesauce, protein shakes. Later, as tolerated: soft foods such as pasta, scrambled eggs, soups, mashed potatoes, cooked vegetables. Avoid crusty, crunchy, seedy or hard-to-chew foods until after your post-operative visit.

IMPORTANT: Please do not disrupt the graft in any way. Avoid pulling on your lip to look at the graft, as this can dislodge the graft and cause it to fail. Avoid activities during which you may be struck in the mouth.

Please call our office with any questions or concerns. If the office is closed, please call Dr. Huber at 288-8003 or 373-9861.