

Champlain Periodontal

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PRE-OPERATIVE INSTRUCTIONS CONNECTIVE TISSUE GRAFT

1. Please take all medications as instructed. The following medications may have been prescribed:

MEDROL (methylprednisolone): This is a steroid/anti-inflammatory medication, used to prevent and/or reduce swelling and inflammation. Follow directions included in the package exactly, beginning one day prior to your surgery.

PERIDEX (chlorhexadine gluconate): This is an antimicrobial mouthrinse, used to keep the graft area clean during the post-operative period. Use as directed at least twice daily. This mouthrinse can cause slight staining of the teeth, however this stain will be removed at your post-operative visit. The mouthrinse can also alter the taste of foods, so it is recommended that you use it AFTER eating.

IBUPROFEN: (Advil or Motrin). 600mg (3 over-the-counter tablets) every six hours as needed.

TYLENOL 3 (acetaminophen and codiene): This is a pain medication that can be taken along with other prescribed medications. This is a light narcotic, and should not be taken with alcohol.

**ARNICA MONTANA (30x): This is a non-prescription remedy available at most natural food stores. Arnica works very well along with Medrol to reduce or prevent swelling and bruising.

We recommend: **Hyland's Arnica Montana 30x tablets, bottle of 250 tablets.** Dissolve four tablets under the tongue four times per day. Begin using Arnica four to five days prior to surgery, and continue for several days following surgery. For maximum benefit, do not eat or drink for 30 minutes after taking Arnica.

2. Recommended foods:

Day one: cool, soft, liquidy foods, such as yogurt, milkshakes (do not use a straw), ice cream, Jello, etc. Avoid hot foods or drinks, as they may cause forming blood clots to dissolve.

Day two: warmer soft foods can be added, such as mashed potatoes, scrambled eggs, pastas, etc.

Avoid any crunchy, crusty, or seedy foods such as chips, popcorn, pretzels, peanuts, poppy or sesame seeds, etc. until after your post-operative visit.

3. You will not be brushing the grafted area for several weeks. The prescribed mouthrinse is intended to keep the area clean and free from bacteria while not brushing. Please continue your normal oral hygiene routine in unaffected areas.
4. Tea bags are helpful if bleeding occurs. Tea contains tannic acid, which helps to clot blood. In case of post-operative bleeding, moisten a tea bag with cold water and apply firm pressure to the source of the blood. If bleeding is excessive or does not stop with pressure, notify our office immediately.
5. Swelling and bruising of the face is not uncommon following this procedure. This usually peaks on the third or fourth day, and is not a sign of infection. The medications prescribed will help to keep swelling and bruising to a minimum. Have several ice packs handy.
6. Activity: You should plan to limit physical activity for the first few days following this procedure. A higher activity level can increase swelling and inflammation.
7. As with any procedure, please contact our office or your doctor at home with any questions or concerns.