

POST OP DIRECTIONS

Gingival Graft



DISCOMFORT & MEDICATION

IT IS NOT UNUSUAL TO HAVE SOME DISCOMFORT FOR A FEW DAYS FOLLOWING YOUR SURGICAL PROCEDURE. IN MANY INSTANCES, 600-800 MG IBUPROFEN EVERY EIGHT HOURS WILL BE SUFFICIENT. YOU MAY BE GIVEN A PRESCRIPTION FOR A MORE POTENT MEDICATION TO BE TAKEN ONLY IF NECESSARY, TO MINIMIZE YOUR DISCOMFORT.

LIQUID BANDAGE

IN THE EVENT TISSUE FROM THE PALATE WAS HARVESTED FOR THE SURGICAL PROCEDURE, A LIQUID MATERIAL IS SOMETIMES PLACED OVER THE SURGICAL AREA AS WELL AS DISSOLVABLE SUTURES. PLEASE NOTE THIS MAY FEEL LIKE A PIECE OF PLASTIC OVER THE AREA. IT IS EXPECTED THAT LIQUID BANDAGE/SUTURES WILL FALL OFF DURING THE FIRST WEEK OF THE HEALING PROCESS. **IF LIQUID BANDAGE FALLS OFF AND YOU ARE EXPERIENCING SEVERE PAIN, PLEASE GIVE OUR OFFICE A CALL AND WE WILL REAPPLY THE LIQUID BANDAGE.**

DO NOT DISTURB THE WOUND

IN DOING SO YOU MAY INVITE IRRITATION, INFECTION, AND/OR BLEEDING. AVOID PULLING YOUR LIP AND CHEEK BACK TO LOOK AT THE AREA AND KEEP YOUR FINGERS AND TONGUE AWAY.
CURIOSITY KILLED THE CAT

SMOKING AND ALCOHOL

DO NOT SMOKE OR USE TOBACCO PRODUCTS OR ALCOHOL FOR TWO WEEKS AFTER YOUR PROCEDURE. SMOKING CAN INTERFERE WITH THE HEALING PROCESS AND PROMOTE BLEEDING.



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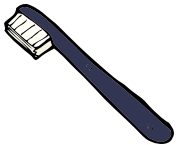
BLEEDING

BLEEDING MAY OCCUR FOLLOWING YOUR PROCEDURE. IF YOU EXPERIENCE ANY BLEEDING ONLY ON THE PALATAL AREA (IF WE HARVESTED DONOR TISSUE FROM SITE), YOU CAN USE A DAMPENED GAUZE PAD TO APPLY LIGHT PRESSURE TO THE AREA. IF YOU ARE STILL EXPERIENCING BLEEDING, YOU CAN PLACE A DAMP TEA BAG TO THE AREA AND APPLY PRESSURE FOR ABOUT 30 MINUTES.

SWELLING AND BRUISING

SWELLING AND BRUISING MAY OR MAY NOT OCCUR, DEPENDING ON THE NATURE OF THE PROCEDURE. DISCOMFORT AND SWELLING CAN BE MINIMIZED BY USING ICE PACKS AGAINST THE CHEEKS 20 MINUTES ON/OFF FOLLOWING SURGERY UNTIL YOU GO TO BED. CONTINUE TO ICE AS NEEDED STARTING THE NEXT MORNING.

BRUSHING



DO NOT BRUSH, FLOSS, OR USE A WATERPIK DIRECTLY ON THE AREA OF YOUR PROCEDURE FOR TWO WEEKS AFTER SURGERY. YES...YOU HEARD THAT RIGHT! FIRST TIME EVER YOUR DENTIST IS TELLING YOU NOT TO BRUSH AND FLOSS YOUR TEETH :)

MOUTHWASH

FOR THE NEXT TWO WEEKS IT IS IMPORTANT TO KEEP THE AREA AS CLEAN AS POSSIBLE TO PREVENT INFECTION AND PROMOTE HEALING. AVOID ALL RINSING FOR 24 HOURS AFTER SURGERY. THIS IS TO ENSURE THE FORMATION OF A BLOOD CLOT. DISTURBANCE OF THIS CLOT CAN LEAD TO INCREASED BLEEDING OR THE LOSS OF THE BLOOD CLOT. AFTER THE FIRST 24 HOURS, YOU SHOULD VERY GENTLY RINSE (HOLD IT IN PLACE) THE AREA 2 TIMES A DAY USING WARM SALT WATER OR ANY KIND OF MOUTH RINSE. DO NOT SPIT AFTER RINSING.

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