

Grafts – Periodontal Surgery Post Operative Instructions

**To Promote Healing, Prevent Complications and Heal with More Comfort,
please follow these Post-Operative Instructions.**

After a Graft Procedure:

You have just had a surgical procedure done to replace missing gingival (gum) tissue around one or more of your teeth. Tissue has probably been taken from the roof of your mouth and placed elsewhere.

Soreness can be more common on the surgical site on the roof of your mouth (the donor site) than where the graft was placed. Your upper stent is meant to alleviate that discomfort. Please wear it for the first 24 hours and then after that when eating or as much as you are comfortable. It protects the surgical donor site.

By the fifth day the discomfort will start to decrease as the nerve endings slowly recover from the procedure.

Surgical Dressing: At the time of surgery, a periodontal dressing (“pack”) was placed over the graft to protect the area. If it comes off prior to the third day, please press it back into place (if you are able) and call the office. We may have to repack the area. Please try to keep the dressing in place until your suture removal appointment.

Diet & Smoking: Please maintain a soft diet for the first few days after the graft has been placed. Avoid products which contain alcohol (such as mouthwash) and alcoholic beverages. Very hot foods may delay healing and should be avoided. Smoking is especially harmful.

Avoid Brushing the packing in the area where the new graft was placed until after your follow up appointment. If the packing comes off after the third day and the surgical site is not sensitive, please keep the teeth clean with very gentle brushing and rinse the graft area with warm salt water (one teaspoon salt in six ounces of water). A clean surgical site will facilitate the healing process.

Please call our office if you have any questions.