

# **North Canyon Dentistry**

**(623)582-8384**

## **Post Operative Instructions for Periodontal Surgery, Bone Grafts, and Soft Tissue Grafts**

The following instructions are meant as a guide to aid you to a speedy recovery following your recent surgery. As always, if you have further questions please do not hesitate to call our office.

1. You have been given an anesthetic which may take several hours to wear off. It is important to avoid eating hard foods or foods with sharp edges such as chips/pretzels/seeds so that you do not injure yourself. As a rule you can carefully eat soft foods on the opposite side of your mouth. Do not play with the area with your tongue, fingers or objects.
2. If you have been instructed to use gauze to control bleeding, roll the gauze into a square, placing it over the surgical site and then biting down with moderate force to control bleeding. You can repeat the process on an hourly basis until the bleeding is under control. Elevate your head with two pillows and place an old towel under your head.
3. Placing crushed ice in a zip-lock baggie and applying externally for 30-minute segments followed by a 5 minute reprieve before further application is helpful in the reduction of swelling.
4. Please follow the instructions of your medication labels.
5. Brushing is to be AVOIDED in the surgical site until instructed by the doctor. Use the medicated rinse Chlorhexidine as instructed to cleanse the surgical site.
6. FOR BONE AND SOFT TISSUE GRAFTS: IT IS IMPORTANT TO REMEMBER THAT HEAVY ACTIVITY IS TO BE DISCOURAGED INITIALLY. Athletic sports and heavy lifting can disrupt the graft causing failure. If the doctor has placed a periodontal dressing, it is important to keep it in place. If it should come dislodged, please call our office.
7. It is important to have sutures removed. Please call our office if you do not have a post-operative visit scheduled.
8. As always if you should experience unusual swelling, fever over 102 degrees or unusual discomfort please call our office at 623-582-8384.

Thank you,

Dr. Mack and Team