



Benjamin K. Metz D.M.D., M.S.D., LLC

Periodontics & Implantology

MOUTH CARE FOLLOWING A SOFT TISSUE GRAFT PROCEDURE

You now have a dressing covering the tissues that were surgically treated today. It is most important that you take the best possible care of these tissues while they are healing.

Let the dressing harden for 1-2 hours before eating or drinking anything warm.

LOSS OF A SURGICAL DRESSING

There is no need to replace the dressing if it comes off. Please do not put the dressing back on the area if it comes off.

TOOTH BRUSHING AND RINSING

Do not brush your teeth on the day of surgery.

Do not rinse your mouth with anything on the day of surgery and do not spit forcefully.

After the first day, brush your teeth everywhere except where the dressing is placed. If the dressing comes off after 24 hours, you may brush the biting surfaces of the teeth around the surgical area.

Warm salt water (1 ¼ teaspoon salt to one cup of water) will aid the healing process and reduce swelling. An antiseptic mouthwash may be used carefully if desired.

DISCOMFORT

Following all types of surgery, a certain amount of pain can be expected. Take your pain medication if necessary as prescribed.

If pain persists or increases after the first 48 hours, please notify the office.

SWELLING

Use moist ice packs on the face (on 5 minutes, off 5 minutes) if swelling occurs during the first 24 hours following surgery. If swelling occurs after 24 hours, rinsing with warm salt water will help to control it.

BLEEDING

Expect a small amount of bleeding for a day following surgery. **In the rare event that bleeding does not stop or becomes extremely heavy, please dampen the gauze that was supplied to you and apply pressure to the area without lifting the gauze for 30 minutes. This should significantly reduce the bleeding. If it does not reduce the bleeding, please call Dr. Metz.**

EATING

Do not chew on the side that the graft was placed for at least 7 days.

It is best to restrict your diet to fluids and soft nourishing foods, avoiding hard, chewy or spicy items.

If you have any questions please call

Office phone 614 882 5050