

Van Beek Family Dentistry

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Post-Care Instructions Following Your Grafting Procedure

The procedure you have undergone is intended to replace or reposition gum tissues in your mouth. This will have been accomplished in one of two ways. You will have received an Alloderm graft donated from a third party, or you will have received your own graft from another area in your mouth. Those who donate their own tissue should be aware what to expect following the donation. A small piece of tissue will be removed from the palate, and as a result, you will feel something of a 'burn injury'. Perhaps you will recognize it as a pizza or coffee burn on the roof of your mouth. Also, you will receive stitches. The sutures used during this procedure are generally self-dissolving; however in the event that your stitches need to be removed, you will be advised on advance.

Recognizing that each individual heals in their own way, we would like to offer the following recommendations to promote a quick, successful recovery.

Immediately following the procedure:

- Take your prescription medication as directed immediately post-op. (following the procedure) You will be advised to the proper way to take your medication. If you are at all unclear about the directions given to you, PLEASE ASK for further assistance.
- Consider using an ice pack or cold compress **below** the area of treatment on 20 minute intervals for 4-6 hours post-op. This may help to reduce swelling and/or bruising.
- At bedtime, do not sleep on the side of your face you have had treated.
- **NO SMOKING**

24-48 hours post-op:

- Use prescribed mouth rinse in the morning following your procedure as directed:
2 x/day = 1 x in the morning after eating, 1 x at night before bedtime

Use approximately 15ml, and rinse gently for 60 seconds. Expectorate gently.

(Nothing in the mouth for 30 minutes after)
- Stay strictly to a **liquid diet** for the first 24 hours post-op:
 - shakes (milk, protein, no seeded fruit)
 - lukewarm coffee, tea or hot chocolate
 - meal replacement beverages (Boost, Ensure)
 - lukewarm broth soups
 - diluted fruit juices
- Graduate to a **soft food diet** at 48 hours post-op and up to 4 weeks thereafter

- ice cream (no nuts, fruit, candies)
- yogurt (no fruit chunks or seeds)
- pasta
- soft bread (no grains or hard crust)
- **Foods/drinks to AVOID:**
 - acidic beverages (undiluted fruit juice)
 - toast, crusty or grainy breads
 - spicy foods
 - jello, pudding
 - eggs (any style)
 - mashed potatoes
 - regular soups
 - hot beverages
 - snacking crackers
 - 'hard' foods
- Avoid unnecessary physical activity for 48 hours.
- Avoid activities that cause you to tense or stretch your mouth/lips.

Home Care:

- No brushing or flossing of the surgical site for up to 4 weeks post op.
- You may resume brushing and flossing other areas of your mouth immediately.
- At you post-op appointment, specific instructions will be given to you regarding resuming your daily home care. Specific tools and/or techniques may be recommended.

If at any time you have questions or concerns about what to expect following your procedure, please contact the office at **(519)-524-9655**. If you need assistance outside of regular office hours, by contacting his number you will be directed to an emergency service and further advised how to get help.

Your **1 week** post-op appointment is scheduled for: _____

Your **2 week** post op appointment is scheduled for: _____