



SURGICAL POST- OP INSTRUCTIONS GUM/ GINGIVAL GRAFTING

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Practice limited to Periodontics and Implantology



DO NOT USE AN ICE PACK.
DO NOT LOOK AT THE GRAFT,
DO NOT BEND OVER FOR 48 HOURS, BENDING OVER PROMOTES BLEEDING
DO NOT USE STRAWS FOR TWO WEEKS FOLLOWING SURGERY
NO HOT SHOWER OR BATHS FOR TWO DAYS FOLLOWING SURGERY
NO HOT FOOD OR HOT DRINKS FOR 2 DAYS

Stent:

Wear for the first 4- 6 days, 24 hours per day around the clock. Take it our only to rinse your mouth with salt water rinse.

Numbness:

Numbness usually lasts approximately 2 hours. Please do not chew anything or drink hot or cold liquids until your numbness is gone.

Medication:

Take pain medication as prescribed: Vicodin / Norco- 1 tablet every 4 to 6 hours as needed for pain or Ibuprofen 800mg 1 tablet every 8 hours as needed for pain. If Ibuprofen does not control your pain, you may take 2 Extra Strength Tylenol every 4 hours as needed for pain. (Alternate the Ibuprofen with the Tylenol) Time your medication to taking it one half hour before you eat. This will bring your comfort level up while you're eating. If you're still having significant discomfort after taking your pain medication, please call us. Please take antibiotics as prescribed until gone.

Activity:

You generally can resume normal activities the day following surgery. It is recommended however, that you limit your activities and return home to rest the day of your surgery. This is especially true if you have taken sedative medications.

Brushing:

NO FLOSSING OR BRUSHING IN THE GRAFT AREA FOR ONE WEEK . You can continue daily brushing starting 24 hours after surgery in the non-surgical sites. Do not use baking soda to clean your teeth. Use a conventional, extra soft-bristled brush and soften it with warm water so that it will be gentler. AVOID CONTACT OF THE GUMS WHERE GRAFT AND SUTURES ARE PLACED

Bleeding:

For several hours following surgery, a small amount of blood may appear in your saliva. If bleeding persists, try to localize the area where the bleeding is coming from. Apply firm but gentle pressure directly to the site of bleeding, with a gauze or moistened black tea bag for 5 to 10 minutes. If severe bleeding continues and you cannot stop it, please call the office or go to your local emergency room.

Nutrition:

A good diet is important for healing. A semi-soft high protein diet is recommended. Avoid hot, hard and crunchy food since they may injure healing tissues. Food suggestions include scrambled eggs, yogurt, bananas, instant breakfast drinks, applesauce, cottage cheese, oatmeal, etc. (very cold foods or drinks, such as ice cream or milk shakes sometimes also cause discomfort to your teeth and should be eaten cautiously).

Post-Surgical Problems:

If you experience swelling that increases after 3 days, fever, discomfort that is not controlled by the prescribed medications, an adverse reaction to any medications, or if you are uncertain about your progress in healing, please call the office at **Grass Valley Office 530-273-3312 or Roseville Office 916-771-4872**

Call us: If you have any further questions or concerns, please call Dr. Arora at **714-280-5489**