

NUTRITION

Eat adequately to maintain nutrition and energy level. Choose soft foods which require minimal chewing such as scrambled eggs, soups, mashed potatoes, pasta, steamed veggies. Initially smoothies or milkshakes used with a spoon are a good choice. Drink lots of liquids. Avoid hard, hot or spicy foods. If possible, chew food on the untreated areas of the mouth. Food supplement drinks (such as Ensure) are available at drug stores and should be use if you are not comfortable eating regular food.

ORAL HYGIENE

Meticulous oral hygiene should be continued in all areas of the mouth. In the area(s) of surgery, brush your teeth gently and stay away from the gum during the first week. After 72 hours, rinse several times a day with warm salt water (approx. 1/2 teaspoon salt in an 8 oz. glass of water). If Peridex/Perioguard rinse has been prescribed, use as directed after brushing. The cleaner the mouth is maintained, the better your healing response. Don't floss surgery sites until after your first post-operative appointment.

ACTIVITY LEVEL.

Many patients return to work the day following surgery. However, we recommend that you avoid strenuous physical activity for the first 48 hours. Keep your head elevated and avoid bending over with your head below your waist. Get plenty of rest and sleep. In general, plan on taking it easy for the first several days after surgery.



MID-PENINSULA PERIODONTICS

Instructions For Patients After Palatal Soft Tissue Graft Procedures

**A PREVENTIVE CENTER
FOR PERIODONTAL
SPECIALTY CARE AND
DENTAL IMPLANTS**

**20 First Street #200
Los Altos, CA 94022**

650/941-7300

PALATAL PROTECTION

A plastic palatal protector is usually inserted immediately following the graft procedure and is to stay in place for 24 hours. After 24 hours, remove the protector and rinse your mouth gently. A thin bandage may be present under the protector to control initial bleeding. If this bandage comes loose or falls out when the protector is removed, discard it. The protector is for your comfort as it protects the palate from the tongue and from food during chewing. Please wear the protector for at least 3-4 days, after which time you may wear it as much as you like during the first week. Remove it frequently, rinse your mouth and brush your teeth staying away from the graft.

BLEEDING

You may notice oozing for 24-48 hours after surgery, however, episodes of bleeding may occur within the first week of healing. If you experience heavy bleeding, attempt to locate the source and apply gentle but firm pressure with a damp piece of gauze for at least five minutes. If the bleeding is from the palate, leave the protector in and apply pressure to the roof of the mouth with your finger. If bleeding occurs while the protector is out, replace it and apply pressure.

WHAT TO EXPECT DURING HEALING

The treated area may develop a color change (white or red patches, etc.) during healing, this is part of the natural healing process. The sutures may become loose over time. They will absorb and go away. Sometimes loose sutures are removed at post-operative appointments.

If you have any questions, or discomfort that is not treated with the medications you were given, please call. A doctor can be reached at 650/941-7300.

DISCOMFORT

Most patients experience soreness and aching of the palate or graft site for 7-10 days. The discomfort usually peaks 3-4 days after treatment. Much of the discomfort can be avoided by controlling swelling. An anti-inflammatory/analgesic drug such as Ibuprofen should be taken regularly every 6 hours up to a maximum of 3200mg./day

PRESCRIPTIONS

Depending on the extent of your case, you have been prescribed an antibiotic. It is important that you take the full course of the medication. We suggest you have some over-the-counter anti-inflammatory/analgesic medications on hand. We may provide you with a narcotic analgesic prescription for stronger pain relief if you feel you will need it. You will also be given a prescription for Peridex or Periogard mouth rinse. Please finish the entire bottle before you resume your normal cleaning routine after surgery.

SWELLING / BRUISING

In some cases, localized swelling or bruising is to be expected. To minimize swelling, apply a cold pack to the face over the treated area immediately after surgery. Continue with the cold pack on for 10-20 min. then off 10-20 min. for 24 hours. If an anti-inflammatory medication has been prescribed, please take as directed. Once the swelling or bruising has peaked (usually 3 days after the procedure), apply moist heat to the outside of the face by using a hot water bottle, steamed towel, heating pad, or microwave the gel-pack you were given in short 30 second intervals, until it is warm, then cover in a moist towel. You may also microwave the gel-pack in 20-30 second intervals in a moist wash cloth and apply to the face. Use care not to burn your face!