

Connective Tissue Grafting/Free gingival graft/VISTA

Proper oral care is very important for the healing process. Each person responds differently and the post-operative discomfort, swelling, and bleeding may vary from procedure to procedure. The factor that leads to the greatest predictability of a graft's healing and overall success is its immobilization. Your doctor has taken preventative measures to increase the likelihood of proper healing. However, it is imperative that patients continue with these efforts.

- **DO NOT** wear any removable dental appliances that impinge on the graft site for at least a month following the surgery.
- Avoid disturbing the surgical site – no smoking, vigorous rinsing, swishing, or spitting - **DO NOT** retract lips or cheeks to inspect the sites.
- Avoid use of a straw as the change in pressure in your mouth could disturb the surgical site.
- Smoke and smokeless tobacco products will significantly increase risk of graft integration failure. Alcohol can slow the healing process during the first two weeks.
- Limit physical activity – higher heart rate increases bleeding/swelling.

BLEEDING: Some bleeding is expected following any surgical procedure and is a normal part of healing. You may have bleeding and/or redness in the saliva for 24-48 hours. Gauze will be provided to you to help control bleeding following your procedure. Apply moderate pressure to a moistened gauze on the surgical site for about 20-30 minutes at a time.

SUTURES: Sutures have been placed to hold the gums in the proper position for ideal healing. Sutures can be irritating at times, but they will dissolve on their own and it is critical that this area is not disturbed. If non-dissolvable sutures were used, suture removal will typically be done after three to four weeks of healing.

SWELLING & BRUISING: is also a normal part of the healing process and can increase for 2-3 days following any surgery. You will be given re-usable ice packs to minimize pain/swelling for the first 24-48 hours. After the first 24 hours, these ice packs can be used for warm compress by placing them in the microwave for 25-30 seconds and applying for comfort.

PAIN: Post procedural pain typically develops once the anesthetic wears off. Mild/moderate pain should be manageable by alternating over-the-counter pain reducers such as 600mg - 800mg of Ibuprofen (Advil or Motrin) and 500mg - 1000mg Acetaminophen (Tylenol) every 6-8 hours around the clock for the first 24 hours and then taper down to an as needed basis depending on your comfort level. For severe pain, a narcotic medication may have been prescribed to you. It is important that you take this medication as directed before the numbness subsides with food and do not drive or operate any sort of vehicle while taking this prescription. ****IF NORCO IS PRESCRIBED, DO NOT TAKE WITH TYLENOL.****

DIET: During the healing period, we highly encourage a liquid diet for the first week and transition into a soft diet for the second and third week to avoid any complications for the first 3 weeks. It is extremely important to avoid chewing directly on the surgical site and to avoid foods that are hot, spicy, and/or with small particles that can go into surgical site such as popcorn, seeds, nuts, etc for until sutures are removed. Also, avoid sticky/crunchy foods/snacks.

ORAL HYGIENE: DO NOT brush or floss teeth in the surgical site for 3 weeks following surgery. Beginning the day after surgery, gently rinse with warm salt water or StellaLife Rinse. Be sure not to swish vigorously as this could disrupt the surgical site.

POST OP VISITS: We will schedule a two week follow up appointment and then a one month follow up to polish your teeth and six month recall for photos. follow up appointment to evaluate healing and complete the remainder of your treatment.