

FORT WAYNE PERIODONTAL & IMPLANT SPECIALISTS

Daniel F. Gabrek, D.D.S., M.S.D.

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1-800-432-0577

Post-Operative Instructions for Grafts

1. Stay ahead of the discomfort. Take the pain medication as soon as possible following surgery; continue medication as prescribed. If a reaction to the medication should occur (rash, swelling, constipation, or diarrhea), stop taking it and contact our office immediately.
2. Your diet should consist mainly of liquids/soft foods the day of and day following surgery. Soft foods may include fish, cottage cheese, eggs, cooked vegetables, jell-o, and cooked or canned fruits. It is recommended liquids be lukewarm, not too hot or cold. **DO NOT** drink from a straw. After 2-3 days following surgery a regular diet may be eaten by chewing on the opposite side of the donor and/or surgical site. If the graft was done at the front of the mouth, please refrain from biting into foods. Instead, cut up your food and chew on side opposite of the donor site.
3. Slight bleeding or oozing from the surgical site may be anticipated today and possibly tomorrow. **DO NOT** let this alarm you. If you do have **active bleeding from the roof of your mouth**, you may moisten a tea bag and apply it to the area using firm pressure for ten minutes (**this is only if you have active bleeding!**). If a constant active flow of bleeding continues, please call our office immediately.
4. Sleep with your head elevated by using two pillows for the first evening. **DO NOT** lie flat on your back.
5. You will be scheduled for a follow up appointment with the doctor 2 weeks from the procedure date where the sutures will be removed.
6. You may experience some swelling and bruising around the surgical area. You may take some Ibuprofen to help with the swelling but **DO NOT USE COLD COMPRESSES**.
7. **DO NOT PULL ON YOUR LIP, EVEN SLIGHTLY, TO LOOK AT THE SURGICAL AREA! IT'S IN THE HEALING STAGE SO IT WON'T LOOK THE WAY YOU EXPECT AT THIS TIME.** If you have any bleeding from area where the tissue was placed, **DO NOT APPLY PRESSURE. CALL THE DOCTOR.**

Dr. Gabrek may be contacted after hours at 260-414-1050 (cell)

Dr. Ahmadi may be contacted after hours at 260-403-8886 (cell)

WEEK #1

NO BRUSHING SITE; do Listerine rinses.

WEEK #2 & 3

Use Q-tip with Listerine on site and do Listerine rinses.

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