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PERIODONTAL SURGERY AND GINGIVAL GRAFTING FOR POST-OPERATIVE INSTRUCTIONS

1. Normal care of your mouth should be performed on all teeth except where the graft was placed and near the donor site.
2. Discomfort- use medications as prescribed, as you need them. Using an ice pack is recommended off and on for the first 24 hours. Some swelling may occur.
3. Soft and cold meals for the next several days. Avoid using the treated side. Cold, soft foods are recommended initially. Avoid hard foods such as chips, nuts, etc. Acidic foods such as citrus fruits should also be avoided. Do not use straws.
4. Avoid rinsing or spitting the first 24 hours.
5. Smoking- Please refrain from smoking for at least 48-72 hours. Longer is better as tobacco use interferes with healing.
6. Exercise- Avoid any strenuous activity for 7 days.
7. Appearance- There is a potential for the grafted tissue to appear lighter, you may also experience external bruising in the area.
8. Sensation- There may be an altered sensation in the graft and in the donor area.
9. Bleeding- Slight bleeding may be present for several hours. If heavy bleeding occurs, call the office.
10. Take antibiotics as directed.
11. Rinse twice a day for 30 seconds with Chlorhexidine (Savacol, Curasept), starting the day after the surgery and for 2 weeks.
12. No brushing around the site for 2 weeks

If you experience any problems please feel free to call us:

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