

Post Operative Instructions for Grafts

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Periodontics and Dental Implants

1. Avoid rinsing until you return for a post-op check
2. Soft diet for the first few days.
3. **DO NOT** pull or tug on your lip, this could detach the graft.
4. **DO NOT BITE** directly into food, cut all food and use back teeth to chew.
5. **NO** smoking. **DO NOT** use a straw.
6. Strenuous exercise should be avoided until the sutures are removed.
7. Occasional swelling can occur. Apply ice packs as needed at 15-20 minute intervals for the first 48 hours.
8. Analgesics for post-operative discomfort are recommended for the first 48 hours (can be taken longer)

Ibuprofen (example: Advil, Motrin) 400mg

Acetaminophen (ex. Tylenol) 500mg

Can be taken at the same time (every 4-6 hrs)

9. You may be prescribed additional pain medication by Dr. Havrilla
10. If putty (packing) was placed, it should loosen on its own within one or more days, this is **OK**. This is when you may use your palatal stent to protect the roof of your mouth from irritation. When you remove the guard to eat, you can apply some Orabase to your palate before and after meals to control any pain. **Wearing the palatal stent is OPTIONAL.**
11. Use the prescribed mouthwash by pouring a small amount into the lid, dip the red toothbrush and gently paint the mouthwash on the teeth involved, with special care **not to brush the graft**. Use the mouthwash until you return for a post-op check. Continue your usual oral hygiene with the rest of your teeth.
12. If you have any questions or concerns, you may call the office at (610)328-9608 or Doctor can be reached on his cell phone at (484)716-3403, he will return your call as soon as possible.

***We encourage our patients to contact us with post operative concerns.

PLEASE DO NOT WAIT!

Copies of our instructions are also on our website

www.JJHPerio.com

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