



# MOUNTAIN TOP

## PERIODONTICS & IMPLANTS

---

3920 N Union Blvd Suite 380  
Colorado Springs, CO 80907  
Phone 719-594-0091  
info@myperiocare.com

### Instructions for Care AFTER TISSUE GRAFT SURGERY

Dear Patient:

1. Do NOT rinse or forcibly spit TODAY. You may “drool” into a sink if you feel as if there is too much blood in your mouth. We want the areas to clot and the more that you rinse or spit, the less it will clot. Remember, a little blood in your mouth is normal and may look like a lot.
2. DO NOT SMOKE: Smoking decreases blood flow to the surgical sites and will decrease the success rate of surgery.
3. Apply an EXTERNAL ice pack near the surgery site. You should use an ice pack for 15 minute intervals for at least 2 days. Even if you are not overly sore, the ice will help reduce inflammation and will be beneficial for the day after surgery. The ice can help for up to a week following surgery. You should use the ice pack at least 4 times for 15 minutes each time on the day of surgery and the day after surgery (you can ice more if desired).
4. Eat only COOL, SOFT FOODS AWAY from the surgical site starting TODAY for 3 days. A HIGH PROTEIN diet is recommended for optimal healing. Protein shakes are excellent for the day of surgery and the day after surgery. High sugar foods and alcohol are detrimental to healing. Drink plenty of fluids with NO STRAW for 2 weeks. You should try to maintain a liquid to ULTRA-SOFT diet for the entire first week following surgery ("Off the Spoon diet"). Soups can be eaten, but should be cool to warm only. Temperatures of foods should be 105° F or below for the first 2 weeks. You should eat NOTHING “CRUNCHY” for three full weeks.
5. Take the MEDICATIONS as prescribed. Try not to take two medications at one given time (pain medication and antibiotics taken together can cause severe stomach irritation and/or vomiting). Please allow one hour between medications if possible. NEVER TAKE MEDICATIONS ON AN EMPTY STOMACH.
  - a. PAIN: You should have received a prescription for pain. I recommend trying 2 EVERY 2 (2 200 mg ibuprofen tablets (Advil, Motrin), wait 2 hours and then take 2 325-500 mg acetaminophen tablets (Extra-strength Tylenol)) for the first 3 days following surgery. If the pain is too persistent you should substitute the narcotic pain medication (Hydrocodone (Vicodin) or Oxycodone (Percocet)) instead of the acetaminophen, but you should try to consistently take the ibuprofen (you may take up to 800 mg every 6 hours) for the entire first week. Acetaminophen, hydrocodone, and oxycodone are pain relievers, but do NOT reduce inflammation. Most of your pain is associated with inflammation and ibuprofen or naproxen will help the most in reducing inflammation. A steroid is sometimes prescribed to reduce SEVERE inflammation and can be prescribed if necessary.
  - b. MOUTHWASH: You should start to rinse the morning AFTER surgery and then every morning AFTER a meal and at bedtime as the last thing you do before going to bed with Listerine Zero (alcohol-free). This mouthwash is excellent in reducing harmful bacteria in your mouth. You may use warm salt-water (1 Teaspoon salt in 8 oz water) 2-3 times during the middle of your day as well starting the day AFTER surgery.

6. Brushing: You may brush the CHEWING surfaces of your teeth beginning the day AFTER surgery. PLEASE do NOT brush your gum tissue in the areas of surgery at all for the first week. DO NOT USE A DENTAL IRRIGATOR, WATER FLOSSER OR WATER-PICK for 3 full weeks following surgery.
7. Flossing: Do not floss the surgical sites for 3 full weeks following surgery.
8. Exercise: Avoid strenuous exercise or lifting weights for the 1st week after surgery. You may walk or ride a bike carefully.
9. Follow-up: You will have 2 visits following surgery. Typically, at 2 and 6 weeks from treatment (this may be adjusted for certain surgeries). You will NOT be charged for ANY of these visits.
10. Palatal Guard: If your own tissue was used for this graft, a guard made. This guard should stay in your mouth for the first 24 hours (you may remove briefly to rinse it out). After 24 hours, wear the guard only as you need it for pain relief. Palatal Bleeding: If your own tissue was used for the graft, the palate can bleed very easily. Apply a cold, wet cloth or a teabag directly to the site for 15 minutes and then place the guard again.
11. Sutures: If sutures were used, they typically dissolve on their own in 7-10 days. Almost all sutures will be removed either when they are loose or at your 2-week follow-up.
12. DO NOT PULL YOUR LIP UP OR DOWN TO LOOK AT THE SURGICAL SITES FOR THE ENTIRE FIRST WEEK.
13. IF IN DOUBT PLEASE CONTACT US! Office: 719-594-0091. Dr. Adam Weaver Cell: 303-549-8693 Or Dr. Kearny Chang Cell: 626-344-2528 (please leave a message or text if there is no answer).