

GRAFTING AFTERCARE

Physical activity: (running, biking, weightlifting, or anything that will increase the heart rate) should be avoided since it will increase blood flow to the site and promote post operative bleeding and affect normal healing. Avoid strenuous activity and contact sports for the next 2 weeks.

Retainer Dressing: A plastic retainer is used to keep pressure on the roof of your mouth to prevent bleeding. Please leave this in place without removing it for 48 hours. After 48 hours you can remove it to rinse your mouth on occasion. Continue to wear the retainer until we see you again in 2 weeks.

Care of the area: The graft site is extremely sensitive to movement. It is essential that you avoid pulling on the cheek or lip to view the area. Minimize talking for 4 days and limit movement of the mouth for the next 2 weeks. **Do not** try to remove the sutures or cut them.

Pain: You may have mild discomfort after the freezing wears off. This may last for a day or two. Dr. Johnston will provide you with information on what pain medication is right for you.

**** DO NOT USE aspirin or aspirin compounds that interfere with blood clotting and can result in bleeding problems. (Unless these are previously prescribed by your M.D., and is discussed with us first)****

Swelling: Swelling is often present during the first 5 days following the procedure. To help alleviate this, ice packs may be applied Gently to the outside of the face in the area for 10 minutes at a time (and 10 minutes off) as needed. This can be continued 3 to 4 times per day during the first couple of days.

Bleeding: Do not be concerned if traces of blood are noted during the 3 days after the procedure. Clots can also sometimes form on the teeth which will dissolve after 3 days. **Please do not pull on these to remove them.** If you have any concerns regarding bleeding, please call Dr. Johnston.

Cleaning of the area: Meticulous cleaning (brushing/flossing/Sulcabrush) in all areas of the mouth **except** the area of the procedure. A prescription rinse (chlorhexidine) will be used to help keep the site clean. **Do not brush/floss/Waterpik the graft area.** Gently rinse 2-3 times a day for 30 seconds a session, with a tablespoon of the Chlorhexidine rinse. Avoid food and water for 30 minutes after Chlorhexidine rinse has been used.

Nutrition: Chew on the opposite side of the mouth. Try to avoid warm foods and drinks for the first 12 hours after. Avoid foods with small bits such as popcorn/grains, also avoid acidic or spicy foods. Do not use a straw to drink fluids. **Do not drink alcoholic beverages for 3 weeks following the procedure.**

Smoking: Do not smoke (or vape) nicotine or marijuana for at least 3 weeks following the procedure as this will impair healing and success of the treatment.