

POST-OPERATIVE INSTRUCTIONS

GINGIVAL GRAFT / GINGIVECTOMY / FRENECTOMY / BIOPSY

COMFORT

Complete rest these few (6-12) hours will ensure early, comfortable and complete healing. Comfort will be maintained by taking two Extra Strength Tylenol every three hours or Motrin (ibuprofen) 600mg to 800mg every eight hours for the first day. As aspirin is an anti-coagulant, an aspirin substitute is preferred during the early healing period.

You may be given an additional (narcotic) prescription to take in place of the Tylenol or Motrin (i.e. Vicodin, Darvocet, codeine, etc.) if needed for comfort. Pain medication should be taken as soon as you feel discomfort. Do not drink alcohol while taking the narcotic prescription. Do not take any pain medication on an empty stomach or nausea may result.

SWELLING

Apply an ice bag to the outside of your face, over the treated area for 15 minutes on and 15 minutes off. Ice is effective for approximately the first 24 hours. A "Baggie" filled with crushed ice or frozen peas wrapped in a towel works nicely. Continue as long as needed (3 to 4 hours is the minimum). You might be given a prescription to minimize swelling. Take as directed.

DIET

The importance of a nutritious diet cannot be over-stressed, PARTICULARLY during this healing period. You may remain on your normal diet. However, we do ask that you avoid certain foods: hot spicy foods and crunchy food such as chips or nuts. Foods that are soft and are easily chewed are usually kinder to the graft area. We ask that you do not chew on the graft area and that you avoid temperature extremes. We want to give the graft the best possible chance and ask that you use your best judgment in selecting your diet.

ORAL HYGIENE

It is very important that the surgical area be left completely alone in order to assure the best possible result. Brushing and flossing the treated area is to be avoided completely for two weeks. We ask that you do NOT pull or stretch the lip back for inspection.

Gentle lukewarm water rinses are helpful in the healing process and should be initiated 12 hours after the surgery. This should be done 5-6 times a day using 1/2 tsp. of salt dissolved in 8oz of warm water. Vigorous rinsing, spitting, probing, sucking or anything that may cause suction should be avoided. This includes smoking.

If chlorhexidine or "Closys" rinses have been also prescribed, use 1/2 capful, for 30 seconds twice daily.

NOTE: With Emdogain (enamel matrix derivative) treated areas oral hygiene is modified as follows:

- 1. No brushing in the area for the first week.**
- 2. No flossing in the area for six weeks (unless instructed otherwise).**
- 3. Chlorhexidine rinses continued for six weeks.**

BLEEDING

Some blood will stain your saliva. This is normal. Oozing may be controlled with ice cold water held (not rinsed) over the area for a few minutes.

If continuous bleeding occurs, discontinue any rinsing, avoid exertion, and do the following:

- 1) Moisten a tea bag (preferable), or a gauze pad, or a Kleenex tissue,
- 2) Place it on the area with the thumb and index finger (use thumb only on palatal donor site).
- 3) Apply CONTINUOUS FIRM PRESSURE to the area for approximately 20 minutes WITHOUT REMOVING FOR INSPECTION.

IF BLEEDING PERSISTS, CALL THIS OFFICE: (949) 493-8857 or pager (949) 488-4542

FEVER

A slight fever or chills may occur; it is of no consequence unless it persists more than 24 hours. A persistent, low-grade temperature or one above 102 degrees should be reported.

PHYSICAL ACTIVITIES

Any strenuous physical activity should be avoided for at least three days following surgery. This especially includes any contact activities where there is a possibility of impact to the face (i.e. surfing, baseball, football skateboarding, etc.)

FUTURE APPOINTMENTS

You will have been given an appointment to remove the sutures. It should be kept as scheduled. This will enhance the healing process.

If you have any questions, do not hesitate to contact this office. After hours, Dr. Schultz may be reached through his voice-mail.

Office Phone: (949) 493-8857
Cell: (714) 393-5928 (after office hours)