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Family, Cosmetic and Implant Dentistry
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Post Operative Instructions for Marginal Grafts, Sub Marginal Grafts, Subepithelial Connective Tissue Grafts, Allografts and Periodontal Surgeries

1. Please take medications as directed. It is important that you finish the antibiotics and other medications as prescribed and that, especially during the first few days, you take either the Ibuprofen or Tylenol regularly. This will not only help you be as pain free as possible, but will also help in accelerating your healing because both medications reduce inflammation.
2. Please use ice on the outside of your face near the surgical site 20 minutes on, 10 minutes off for the first 6-12 hours then as needed for the next 48 hours. If you feel it helps you stay comfortable, you can start warm compresses on the third day, but it is rare that you would be uncomfortable that many days after your surgery.
3. If you need more pain relief, especially in the first few days, please take the narcotic pain medications as prescribed. Don't be a hero: take the medications and use the ice. Our pain control regimen only works if you use it!
4. You may eat or drink almost anything that you want if you let comfort be your guide. Eat away from the surgical site and, for the first 24 hours, we recommend soft foods that are room temperature or cooler. Avoid hard, crunchy foods completely.
5. Avoid smoking. Let me repeat that...Avoid smoking. Nothing increases your risk of surgical failure and increased pain like smoking.
6. Bleeding: it is not unusual for you to experience a slight amount of bleeding or redness in your saliva for the first few hours after your surgery. Drinking iced tea or cold drinks helps, and if you feel the bleeding is continuing you may apply pressure to your face over the surgical site. We recommend sleeping with your head elevated with an extra pillow the first night. Try to avoid sleeping on the surgical side, if possible. Certainly, if you are not sure if the bleeding you are experiencing is normal, please do

not hesitate to call the office number or my cell phone any time. Our answering service is available even after hours.

7. Sutures: Any sutures placed will either dissolve or be removed by me at a later appointment. However, if you experience any loose or long sutures, you may trim them with sharp scissors but please do not pull on them.

8. Rinses: After eating, you may rinse with either a salt-water rinse or diluted mouthwash. Just rinse gently to clean your mouth but avoid overworking the surgical site.

9. You may start brushing the teeth away from the surgical site the day of surgery but please avoid brushing the surgical site for at least a week or until we give you clearance to do so. For the teeth at the surgical site, you may rinse as described above or gently swab the teeth with a Q-tip or cotton roll until you are cleared for more normal oral hygiene techniques.

10. You may start rinsing gently with the Peridex rinse as prescribed or, in small surgical sites; you may just apply the Peridex with a Q-tip or cotton roll.

11. Please do not touch the surgical site with your fingers and please do not pull your lip or cheek to look at or show others the surgical site as you could dislodge the graft or sutures.

12. If you had tissue removed from your palate to be used for a graft, please place the Surgilube provided on the oral band-aid that was placed over your graft site to keep it lubricated and comfortable. That oral band-aid will come off in 2-5 days and after that the site may be tender. You can continue to apply the Surgilube to the uncovered site as needed to help you stay comfortable. Again, let comfort be your guide in eating and oral hygiene in this area.

13. If you have any questions, please do not hesitate to call the office at 724-1389 or my cell at 727-1826.

Thank you.

A. Palombaro, DDS