

SELF CARE AFTER TISSUE REGENERATION SURGERY

SURGICAL SITE

- Do not disturb the surgical site
- **DO NOT** pull on your lip to see the area
- **DO NOT** play with the sutures
- **DO NOT** touch the surgical area
- If bleeding occurs place a damp gauze over the area and apply light pressure.
- Do not brush or chew foods in the surgical area.

Bleeding

- Some blood may ooze from the surgery area for a day or two, which is normal. If bleeding continues, contact the office.

Wound Care

- **DO NOT SMOKE** for at least 7 days because it promotes infection, bleeding and interferes with healing.
- **DO NOT SPIT** or suck through a straw, since this promotes bleeding.

Discomfort

- Some discomfort is normal after surgery but can be controlled by medication prescribed by the dentist.
- Follow the prescription as advised by your dentist and the directions written on the container. If the medication is not strong enough please contact the office.

Diet

- It is important to drink plenty of fluids (avoid alcohol) and eat regular meals as soon as possible after surgery. Soft food such as pudding, yogurt, ice cream, mashed potatoes and scrambled eggs may be the most comfortable to start with.

Oral Hygiene

- **DO NOT RINSE WITH ANY TYPE OF LIQUID VIGOROUSLY** for one week after surgery as it may interfere with the blood clot formation, which is vital to the healing process. Rinsing may also cause premature loss of your sutures, the packing and loss of the graft.
- Continue to brush your teeth but avoid the area of surgery and do not use toothpaste for one week after the surgery near the surgical site. After brushing simply let the water to fall from your mouth, do not spit vigorously.

Swelling

- Swelling after surgery is a normal body reaction. It reaches its maximum 36 to 48 hours after surgery and usually lasts 4-6 days.

Bruising

- You may experience some mild bruising around the surgical area. This response is normal for some people and should not cause you any alarm. The bruising will disappear in a week or two.

Stiffness

- After surgery you may experience jaw muscle stiffness and limited opening of your mouth, this is normal and should improve in 5 to 10 days.

Stitches

- If stitches have been placed, you **MAY** need to have them removed in 7-14 days and an appointment should be made.
- Dissolving sutures may have been used and usually take a week to disappear.

Rest

- Avoid strenuous activity for a few days.

Problems

- If you have any problems or questions please call the office as soon as possible OR The Dental Emergency Clinic in your region.
- **OR call our office**