



## Instructions for patients following Pinhole Gum Rejuvenation or Soft Tissue Grafting

If you were prescribed medications and are experiencing adverse reactions, (ie. stomach upset or rash), discontinue the medication and call the office. If you experience shortness of breath or throat swelling, call 911. You may be having a severe allergic reaction and require immediate medical attention.

### Things to expect

- **Bleeding**

Traces of blood may occur in the mouth for several hours after the surgery. Blood mixes with the saliva and makes the bleeding appear more significant.

- For active bleeding, apply WET gauze with pressure to the area involved. Apply this for about 10 minutes, and repeat if necessary. Alternatively, a wet tea bag may be used. If the bleeding has not been controlled after 10 minutes of direct pressure with gauze or a tea bag, please call our office.

- **Swelling**

Swelling is a normal side effect of oral surgery. The swelling may increase over the first week. To minimize swelling we recommend applying an ice pack to the outside of the affected area for approximately for 20 minutes. Take a 10 minute break and then repeat the application. Do this for the first 8 hours.

- **Removable appliances**

Please remove the appliance prior to mouth rinsing, clean the appliance with cold water and mild dish soap (Dawn). Place the appliance back in the mouth. The appliance should be worn at all times for the first 48 hours to ensure it will fit around swelling. After the first 48 hours the appliance may be worn as needed for esthetic purposes and your comfort.

- **Surgical Dressing**

A surgical dressing may be placed over the surgical donor and recipient sites. We expect the dressing to come off before your post-operative visit. Please discard the dressing. The dressing is NOT part of your graft. There is no need to inform the office.

### Homecare

- **Brushing/Rinsing**

**No brushing or flossing the day of the surgery.** Follow the instructions on your Stella Life mouth rinse box until you return for your post-operative appointment.

- **DO NOT** brush or floss around surgical area(s) until you return for your post-operative appointment. For untreated areas, you may resume your normal home care after 24 hours.
- **DO NOT** swish with the mouth rinse. Lightly roll the rinse around in your mouth for 1 minute.
- **DO NOT** pull down/up your lip to look at the graft site. This will likely cause failure of the graft.

- **Activities**

Limit physical activity for 3-5 days after surgery. Please refrain from exercise, running or heavy lifting. Over activity can lead to additional swelling and pain and jeopardize the outcome of your case.

- **Food**

Foods that are difficult to chew and foods that make a noise while chewing should be avoided (Ex: steak, raw vegetables, nuts, ice). Soft, solid, high protein foods are recommended throughout the first two weeks of healing. (Ex: hearty soups, mashed potatoes, tuna, boiled chicken, mac and cheese, and yogurt). If possible, please avoid chewing on the side where surgery was performed. If the surgery has been done in the front of the mouth, avoid biting down on the front teeth. Finally, drink plenty of fluids to stay hydrated.

- **Smoking**

Smoking has been proven to have an adverse effect on healing. Therefore, we advise that you not do so during the healing process.

**Emergency contact information: Dial 248-2626 (office) and follow the prompt. You will press #7 for Dr. Silverstein. Leave a detailed message and your call will be returned promptly.**

**Dr. Silverstein's home # (513) 469-2779**