

Care Instructions Following Soft Tissue Surgery of the palate and Gingival Grafting

The first 48 hours after your surgery is the critical period for ensuring that subsequent healing will occur normally and as ideally as possible. It is therefore important that you carefully read and adhere to these instructions:

1. It is normal for there to be a little blood in your saliva in the first few hours following surgery. Sometimes this may last 24-36 hours. If however you are concerned that there is excessive bleeding, then please contact us.
2. It is important that you rest for the remainder of the day. If you lie down, keep your head elevated with a couple of pillows. Place an old towel over your pillow when you sleep in case you dribble.
3. A "Palate Protector" has been fitted for you. Please leave this in until tomorrow morning. Please wear this 24 hours a day for the first week, even while eating. Remove it only to clean it and rinse your mouth.
4. Do not rinse or eat for the first 2 hours after surgery. After this time, eat and drink carefully, being sure not to chew on the side of the surgery, where possible. You may eat any foods as long as the temperature is not too hot, and it is cut up into very small pieces to minimise chewing. Drinking should preferably be through a straw, and avoid tea, coffee or other hot drinks. Do not bite or incise into any foods for the next 2 weeks.
5. On the day following surgery you should remove the palate protector and thoroughly clean it with soft soap and running water. Please then gently rinse your mouth with the mouth rinse provided. You should do this first thing in the morning and last thing of an evening. This medicated mouth rinse is a substitute for thorough brushing, so you must use it until you resume normal brushing. You should resume normal brushing of the adjacent teeth on _____.
6. If you have been given a prescription for antibiotics it is important that you take them as directed, completing the course in full. If you have any queries ask your pharmacist. If you have been issued with prednisone, please take one tablet in the morning, and one in the evening for the next 3 days following surgery.
7. It is recommended that you take some form of pain relief before the local anaesthetic wears off. Do not take Aspirin, *unless medicated by your doctor*. Panadol, Nurofen or the newer (and stronger) Maxigesic are all effective over the counter medications.
8. Avoid Smoking. Smoking adversely affects healing, and may lead to infection.
9. Avoid alcohol, hot drinks, hard or chewy foods. Choose cool drinks and soft food.
10. Please ask if you require a certificate for time away from work or school.

If you experience excessive bleeding, undue pain or other symptoms, please do not hesitate to contact us at 3379 1555 during working hours, or Dr Mandikos on 0403 327 663, after hours.