

W. PETER NORDLAND, D.M.D., INC.

PERIODONTAL PLASTIC SURGERY
MICROSURGERY
REGENERATIVE AND RECONSTRUCTIVE SURGERY
IMPLANT SURGERY
850 PROSPECT STREET, LA JOLLA, CALIFORNIA 92037
TELEPHONE (858) 459-7374

POSTOPERATIVE INSTRUCTIONS FOR GRAFT SURGERY

1. Place the ice pack **very gently** externally over the surgery site for the next 24 hours (15 minutes on, 15 minutes off). This will help to minimize swelling. Ice chips can be used inside the mouth also. **Slight swelling is normal.**
2. All activity should be minimized today and tomorrow.
3. **Expect some slight bleeding to occur.** If bleeding occurs, place a moistened tea bag against the site and **apply firm pressure** until it stops. If heavy bleeding persists at the graft or donor site, please call our office at **(858) 459-7374.**
4. **Foods to avoid:** Hot food or beverages, spicy food, carbonated beverages, hard or crusty food (chips or bread), popcorn and seeded rolls. These foods can compromise the healing of the surgical areas. Also, do not drink through a straw. **Foods to consider:** Soft foods and liquids such as pasta, mashed potatoes and warm chicken soup.
5. **Avoid trauma** to the new tissue such as brushing the teeth, hard foods such as carrots and apples disturbing the newly grafted tissue!!!
6. **Rinse mouth with Peridex twice a day** after meals as directed. Avoid vigorous rinsing or expectorating.
7. **Avoid pulling your lip back** or touching the surgical sites.
8. **The soft skin-colored dressing that Dr. Nordland has placed over the graft site will dissolve in 1-3 days.** The thin clear plastic covering may slip off right away. You may gently pull it away from the area and discard it. The surgical site will have a white and reddish color and will look puffy, somewhat like a wet scab. **Also, there may be a bluish crust around the surgical site. This is a suture, which may come off.**
9. **DO NOT REMOVE THE PLASTIC STENT.** Keep the plastic stent in until your next visit.
10. **Please do not smoke for 6 weeks following surgery, as it will inhibit normal healing.**
11. **Expect some discomfort.** If anti-inflammatory medication has been prescribed, take as directed. Soreness may be more noticeable around days 3 through 5. Tylenol or Advil may be taken along with your prescribed medication for relief of moderate discomfort.
12. **Bruising:** In some cases facial bruising can occur a few days following the surgery. Because micro-surgical incisions do cut blood vessels, bleeding under the surface of the tissue can later appear as a bruise.

In an emergency, Dr. Nordland's home telephone number is (858) 459-7384.