

## POST-SURGICAL INSTRUCTIONS FOR GUM GRAFTING

Proper care of your mouth following periodontal surgery is essential for optimal healing. Each person responds differently to surgery—discomfort, swelling, and bleeding can vary. Please follow these instructions carefully to promote healing and minimize complications.

### 1. DISCOMFORT & MEDICATIONS

- Take medications exactly as prescribed. Changes may affect healing and the success of your procedure.
- For pain control,
  - Take 600mg Ibuprofen with 500mg Tylenol (Acetaminophen) every 6 hours.
  - OR
  - Take 600mg Ibuprofen with 1 tablet of Tylenol #3 every 6 hours.
    - Tylenol 3 is a medication that is a combination of Tylenol (Acetaminophen) and Codeine. If you cannot take codeine or abstain from taking narcotic medications for any reason, please do not take Tylenol 3. Regular 500mg Tylenol is an acceptable substitution
    - If taking narcotics:
      - Take with food.
      - Do not drive or consume alcohol.
- Most discomfort occurs within the first 24–72 hours.
- Begin pain medication before the numbness wears off.
- Take all prescribed antibiotics until finished, unless instructed otherwise.
  - Consider taking probiotics (e.g., StellaLife Healthy Mouth and Gut) to prevent gastrointestinal issues.
- Contact the office if you experience:
  - Rash, itching, dizziness, difficulty breathing, fever, or diarrhea.

### 2. SWELLING

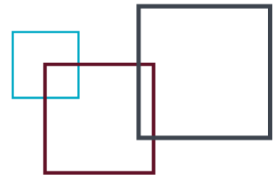
- Swelling and bruising are common and may occur after surgery.
- Apply an ice pack wrapped in a towel to the outside of your face during the first 8–12 hours. Use 20 minutes on / 5 minutes off.
- Sip cold water throughout the day and hold it in your mouth before spitting or swallowing.
- Keep your head elevated above your heart for the first 24 hours (use extra pillows while sleeping).
- Swelling should begin to subside after 3–4 days.
  - After 48 hours, you may use moist heat if needed.

### 3. BLEEDING

- Mild bleeding or oozing may last 24–48 hours.
- If bleeding is excessive:
  - Apply moist gauze or a tea bag with firm, direct pressure to the area. (Tannic acid in tea helps with clotting.)
- Avoid anything that could dislodge the clot:
  - No forceful spitting, rinsing, drinking through a straw, or blowing your nose.

### 4. SUTURES

- Sutures (stitches) may be placed to support healing.
  - Some dissolve on their own.
  - Others are removed at a follow-up appointment.
- Do not disturb sutures with your tongue, toothbrush, or fingers.



## 5. GRAFT APPEARANCE

- The graft may look white, gray, or red during healing—this is normal.
- Avoid pulling your lip to look at the graft.
- You may notice purple tissue glue around the site; it's normal if small pieces fall off.

## 6. DIET

- Wait until the numbness wears off to eat.
- Avoid chewing on the surgical site until sutures are removed.
- Eat a soft diet high in protein and nutrients (e.g., eggs, yogurt, soup, bananas, fish, protein shakes).
- When in doubt, blend your food and eat with a spoon.
- NO straws, smoking, or chewing on the surgical side
- Avoid:
  - Hard, crunchy, fibrous, or sharp foods (e.g., nuts, chips, seeds, popcorn).
  - Hot foods and drinks for 48 hours (use cool to lukewarm options).
  - Alcohol while taking antibiotics or pain medications.

## 7. ORAL HYGIENE

- Day of surgery: Do not brush, floss, rinse, or use any oral products.
- Day after surgery: Resume brushing and flossing only non-surgical areas.
- Do not use over-the-counter mouthwashes.
- If using StellaLife, follow the instructions on the package.
- If prescribed chlorhexidine rinse, start using it the evening after surgery:
  - Rinse gently, holding the solution in your mouth for 1 minute, then spit.
  - Use twice daily (morning and night) for 1 week.
- Do not touch the surgical site for the first 2 weeks unless directed.
  - After 2 weeks, use the soft surgical toothbrush provided—brush teeth only, avoiding the gums.

## 8. REST

- Avoid strenuous activity, lifting, or bending for at least one week.
- Rest with your head elevated the first day and sleep with extra pillows for several nights.

## 9. SMOKING

- Stop smoking until your sutures are removed.
- Smoking delays healing, increases discomfort, and raises the risk of infection and graft failure.

## 10. DENTURES / NIGHT GUARDS

- Only use dentures, partials, or night guards if approved by your doctor.
- Wear with caution—pressure can interfere with healing.

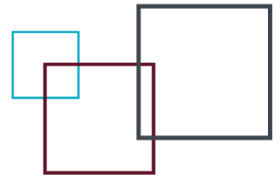
## CONTACT INFORMATION

If you have questions during business hours, call the office at 202-393-6154.

For urgent concerns after hours—such as excessive bleeding, persistent pain, fever, or medication reactions—contact:

- Dr. Raha Yousefi: (301) 537-3995
- Dr. Lucy Johnson: (585) 280-0054

**FOR MEDICAL EMERGENCY CALL 911**



## DIETARY GUIDELINES

### First 1–3 Days After Surgery:

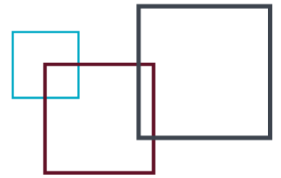
<p><b>✓ What You CAN Eat:</b></p> <p>Stick to <u>soft, cool, and non-irritating</u> foods:</p> <ul style="list-style-type: none"> <li>• Ice cream or sorbet (no nuts or chewy mix-ins)</li> <li>• Smoothies (no seeds or chunks)</li> <li>• Applesauce</li> <li>• Mashed potatoes</li> <li>• Scrambled eggs</li> <li>• Yogurt (plain or without fruit chunks)</li> <li>• Protein shakes</li> <li>• Broths and blended soups (lukewarm or cold)</li> </ul> <p>Tip: If you can, use the opposite side of your mouth when eating. Use a spoon instead of a straw to avoid suction pressure.</p>	<p><b>⊘ What to AVOID:</b></p> <ul style="list-style-type: none"> <li>• Hot or spicy foods and drinks</li> <li>• Crunchy snacks (chips, pretzels, popcorn)</li> <li>• Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds)</li> <li>• Sticky foods (caramels, gummy candy, chewing gum)</li> <li>• Alcohol</li> <li>• Drinking through a straw</li> <li>• Acidic foods and drinks (like citrus, tomato sauce, vinegar)</li> </ul>
--	--

### 4-7 Days After Surgery:

<p><b>✓ What You CAN Eat:</b></p> <p>You may begin to slowly incorporate more variety while keeping food soft:</p> <ul style="list-style-type: none"> <li>• Soft pasta</li> <li>• Cooked, soft vegetables (squash, zucchini, potatoes)</li> <li>• Soft fruits (bananas, canned fruits, avocado)</li> <li>• Tender cooked meats (shredded chicken, ground turkey, ground beef)</li> <li>• Soft fish (white fish or salmon)</li> <li>• Pancakes</li> <li>• Cottage cheese or soft cheeses</li> <li>• Soft bread (no crusty edges) and muffins</li> </ul>	<p><b>⊘ What to AVOID:</b></p> <ul style="list-style-type: none"> <li>• Tough meats or chewy foods (steak, jerky, bagels)</li> <li>• Raw vegetables or tough fruits (carrots, celery, apples, carrots)</li> <li>• Crunchy foods (nuts, granola, toast)</li> <li>• Sharp or pointy foods (tortilla chips, crackers)</li> <li>• Acidic, spicy, or heavily seasoned dishes</li> <li>• Drinking through a straw</li> </ul>
--	--

### 1-4 Weeks After Surgery:

<p><b>✓ Recommended Foods:</b></p> <p>As healing progresses, you can slowly return to a more normal diet, while continuing to be cautious and still avoiding anything too hard or sharp:</p> <ul style="list-style-type: none"> <li>• Most cooked vegetables and fruits</li> <li>• Soft grains and pasta</li> <li>• Lean meats and poultry</li> <li>• Eggs, tofu, beans</li> <li>• Soft sandwiches (no crusty bread)</li> <li>• Soft snacks like muffins or banana bread</li> </ul>	<p><b>⊘ Avoid These Foods Until Fully Healed:</b></p> <ul style="list-style-type: none"> <li>• Hard, crunchy snacks (chips, raw nuts, pretzels)</li> <li>• Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds)</li> <li>• Hard crusts or chewy breads</li> <li>• Tough cuts of meat or chewy protein bars</li> <li>• Popcorn and seeds</li> <li>• Sticky candies or gum</li> </ul>
---	--



### ✓ Recommended Soft Foods:

#### Protein-rich options:

- Scrambled or soft-boiled eggs
- Greek yogurt (plain or low-sugar)
- Cottage cheese
- Soft tofu
- Smooth nut butters (like almond or peanut butter—without chunks)
- Protein shakes or smoothies (no straws—use a spoon or drink from a cup)

#### Fruits & vegetables (cooked, blended, or mashed):

- Mashed bananas or avocado
- Applesauce (unsweetened preferred)
- Mashed potatoes or sweet potatoes
- Cooked carrots, squash, or zucchini (soft and well-cooked)
- Vegetable purees or soups (lukewarm)

#### Grains & starches:

- Oatmeal or cream of wheat
- Well-cooked pasta (small shapes or mashed)
- Soft white rice or congee
- Pancakes or soft bread (no crusts, avoid toasted or seedy varieties)

#### Other:

- Broths and blended soups (lukewarm, not hot)
- Gelatin (Jell-O)
- Pudding or custard
- Ice cream or sorbet (not too cold or with chunks)

---

### ⊘ No:

- Straws
- Alcohol
- Smoking
- Chewing on the surgical side

### ⚠ Avoid:

- Anything crunchy, sticky, or hard (e.g., chips, nuts, popcorn, crusty bread)
- Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds, rice)
- Foods that are hot in temperature
- Acidic, spicy, or highly seasoned dishes