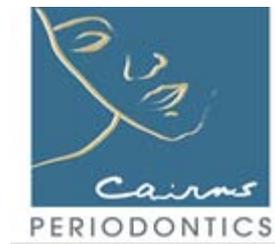


AFTER CARE INSTRUCTIONS

Connective Tissue Graft



Please follow these important instructions. They will make you more comfortable and help to prevent possible complications following your treatment.

Ice Pack

Apply an ice-pack for the remainder of the day; 10 minutes on, 5 minutes off. This will help reduce any swelling likely to occur.

We also recommend staying slightly elevated while resting or sleeping with the use of an extra pillow under your head.

Pain

Discomfort may sometimes be experienced after treatment, once the anaesthetic has worn off. It is easily managed by taking Ibuprofen (Nurofen) or Paracetamol (Panadol). You have also been given a prescription for stronger pain relief should you need it. Pain killers should be taken as necessary and according to manufacturers instructions.

We recommend you commence taking pain relief *prior* to the numbness wearing off, that way the pain killers should be in effect by the time the anaesthetic is no longer effective.

Oral Hygiene

Gentle rinsing with Savacol should commence the day following treatment and be continued morning and night after brushing until you have attended your post operative appointment. Further instructions will be given to you at this time. Gentle warm salt water rinses throughout the day are also recommended to promote healing.

Continue with your normal oral hygiene routine around the mouth.

Eating

You will be able to eat normally after the anaesthetic has worn off, however you may feel tender.

Bleeding

We have placed a light pink bandage on the palate of your mouth. The bandage may come away from the site as soon as the day after surgery, or could last as long as until your next visit. Slight oozing of blood is not uncommon following treatment, but this should not persist for longer than 24 hours. Please contact us if bleeding persists.

Smoking

Smoking interferes with healing and you will receive better results from your treatment if smoking is avoided entirely. However, if this is not an option for you, try to avoid smoking for at least the first 24 hours following your treatment.

Exercise

Avoid strenuous activity and exercising for the rest of the day if possible, resting as much as possible.

Avoid

Avoid biting into anything hard for the next 3 weeks. Do not touch the surgical site for the next 3 weeks. Similarly, do not pull your lip away to view the graft site as this can dislodge the tissue and compromise the success of the graft. Avoid sucking through a straw for the next 24 hours.

**If you have any further questions or concerns please contact us on
07 4054 4488**