Post-Operative Instructions for: Periodontal plastic surgery (gum graft or gum augmentation surgery)

1. **General information:** The site where a gum graft has been placed will be sutured so that there is minimal space left for much bleeding to occur. However, a clot will still need to develop under the gum and trouble-free healing is dependent on this initially fragile clot remaining undisturbed as much as possible. Please keep turbulence in your mouth to a minimum for 24 hours after the implant. For at least 8 hours after the surgery, do not rinse, eat, gargle or touch the wound with your fingers or tongue. You may brush your other teeth normally that evening keeping away from the sutured wounds around the gum graft but be aware that some bleeding may follow. **It is mandatory to keep the gum grafted area immobile. Please do not stretch your lips to look at the gum, eat on it or touch it for 15 days.** If the area is traumatized, the graft may be dislodged and fail.

2. **Painkillers:** You will benefit from taking an anti-inflammatory painkiller regularly as prescribed below. (If you are unable to take non-steroidal anti-inflammatory drugs for medical reasons (e.g. stomach or oesophageal ulcer or asthma), please take 1g of Paracetamol every 6 hours). You should not need to take this medication for more than 4-5 days. **Please inform your surgeon if pain increases after 4 days as it may indicate that an infection has occurred and requires attention.**

3. The effect of the **local anaesthetic** will normally wear off after 2-6 hours depending on the site anaesthetised and the amount used. Occasionally it may persist for longer. *Take great care not to bite or otherwise traumatise the numb site during this time. Do not attempt to drink hot fluids for at least 8 hours*. The application of heat on the day of extraction will both encourage further bleeding and swelling and can locally scald the site without your being aware of it.

4. **Bleeding:** We will check that any bleeding has stopped before you leave the surgery. Be aware that movement, exertion, eating or drinking may re-start bleeding. (A small volume of blood will be present as natural washout from the socket with your saliva flow). You will be provided with sterile gauze when you leave the surgery. Please roll this into a tight moist bundle to use as a compress ONLY if bleeding occurs from the palate. Keep this bundle pressed firmly into the palatal site and keep immobile for at least 10 minutes by the clock. Ensure that the gauze is applying pressure to the wound and is not merely trapped between your other teeth. If there is further bleeding, repeat with a new pack. *DO NOT COMPRESS the grafted gum area* **If you feel that the wound is bleeding beyond your control or persisting into the night, please call your surgeon on their mobile outside surgery hours.**

5. **Swelling:** There will be a variable amount of swelling depending on how much the soft tissues have needed to be manipulated during the procedure. Moderate swelling and skin bruising are normal and relatively common. Swelling can be minimised by applying a cold pack which we will supply for you and keeping the head elevated during the night on an extra pillow or two. **Please inform your surgeon on the surgery number during surgery hours or on the mobile number below outside surgery hours if the swelling is particularly painful or has not started to subside by the end of the fourth day following surgery**. This may indicate that there is an infection that requires attention.

6. **Aftercare:** The following day (or at least 8 hours after bleeding has stopped), start to carry out *gentle* **hot** salt-water mouth rinses every 3-4 hours. An antiseptic mouthwash such as Corsodyl or Curasept will also be of help in limiting any infection. Antibiotics are not normally required after routine gum graft though a covering antibiotic may have been given to you prior to surgery and may be followed by a 5-7-day course as below if required. It is important that you

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take and complete the antibiotic course(s) as prescribed below. I would recommend daily supplements of "friendly bacteria" by having a pot of bio-yoghurt or a proprietary probiotic drink to replenish gut bacteria.

7. **Diet:** A soft diet is strictly recommended for 5 days after the gum graft surgery (ice-cream, soups, yoghurt, mash, soft fish etc.). After this, sensible care is advisable. Avoid hard bread, crisps or any food intake that could break the sutures. Please avoid any HOT food/beverages 24 hours after surgery.

8. ***Please inform your surgeon immediately if you have any kind of skin rash or swelling, persistent abdominal pain, vomiting, or bloody stools with any of these antibiotics on the surgery number during surgery hours or on their mobile number below outside surgery hours.***

9. It is recommended that you do not plan any strenuous activity or swimming for at least 1 week after the surgery and that you avoid excessive alcohol intake. *Please avoid alcohol if antibiotics have been prescribed.*

10. Please also remember that a course of antibiotics will reduce the efficacy of the **contraceptive pill**. Please use an additional form of contraception during and for 3 days after the course of antibiotics.

11. **Sutures** will usually need to be removed after 12/15 days even if they are dissolvable. An appointment will be arranged for you before you leave the surgery. If sutures are left in for too long, then they themselves may become a focus for future infection.

Painkillers and dosage	**Frequency**	**Duration**	**Notes**	**Given**
Voltaren Retard (Diclofenac) 100mg anti-inflammatory	12 hourly	4 days		
Nurofen (Ibuprofen 400mg) – anti-inflammatory	6 hourly	6 days		
Paracetamol 500mg x 2	6 hourly	6 days	Take with Voltaren or Nurofen.	
Antibiotics				
Amoxicillin 500mg	8 hourly	7 days		
Metronidazole 400mg	8 hourly	7 days	**NO ALCOHOL**	
Dalacin C (Clindamycin) 150mg	6 hourly	7 days		
Azithromycin 500mg	24 hourly	3 days	With food	
Other				
Corsodyl or Curasept chlorhexidine antiseptic mouthwash.	12 hourly	1 week	Last thing at night and after breakfast	
Hot salty water gentle mouthwashes	3 hourly	1 week	Keep turbulence to minimum	

MOBILE NUMBER: ***I would be grateful if this number is reserved for emergencies only.***

07747 798 083

(LCIAD 2020: This information sheet contains general information and must be read in conjunction with your personalised treatment plan, which gives specific advice. ***A digital copy of this document is also available on the website*** www.lciad.co.uk

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