



### **PAIN**

**What to expect:** You may have slight to moderate discomfort the first 24 hours. The roof of your mouth will be sensitive to salty, citrus or spicy foods.

**When to call:** Please call me at home or the office if your discomfort doesn't subside or starts to increase during the week.

### **MEDICATIONS**

**What to take:** First, take what you would normally take for a moderate headache. You may be given a prescription for a pain medication - fill this at your discretion.

**When to take:** Take your "headache" medications as soon as possible after the procedure. Thereafter, take the prescribed medication if necessary.

### **SWELLING**

**What to expect:** Swelling is normal and usually occurs about 24 - 36 hours after the procedure and subsides within a few days. It may also discolor as a black/blue injury.

**What to do:** Compress the general area with an ice pack for 10 minutes each hour the first day only.

**When to call:** Please call if the swelling becomes hot, hard or red.

### **DIET**

**What to eat:** Eat a normal diet on the opposite side of the mouth. Citrus, salty or spicy foods will make the roof site sting but cause no harm to the graft. Avoid foods with seeds and crusty foods.

### **BLEEDING**

**What to expect:** Very slight bleeding should be no cause for concern, especially within the first 48 hours.

**What to do:** Usually pressure for 30 minutes or more to the bleeding area with either a MOIST gauze, washcloth or tea bag will stem the bleeding.

**When to call:** Call ANYTIME that you feel that you can not control the bleeding.

## ORAL HYGIENE

**What to do:** 1) Clean your teeth normally but do not touch the graft with the brush.  
2) Swab the graft twice daily with a moist Q-tip using Peridex.  
3) Saltwater soaks two times a day (1 teaspoon salt to 8oz. hot water).  
**DO NOT SWISH.**

## BANDAGES

**What to expect:** You may not last all week.

**What to do:** Remove bandage if it becomes loose.

**When to call:** If you lose the dressing and want another one, please call. However, most people heal quite well without a dressing.

***Congratulations on taking this step towards your periodontal health!***

If you have any questions,  
please call us at  
**508.375.9090**

In case of emergency after hours  
please call Dr. Nguyen's mobile phone  
**508.258.9693**



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