



Date of procedure:

Name of Patient:

Treated by: Dr. Kateryna Latypova

Care Instructions After Care

Connective Tissue Graft

A periodontal dressing may have been placed over the surgical site. If so, do not touch or remove the dressing. It will fall off on its own in a day or two or it could remain intact for a week or more.

To help with swelling or discomfort, apply ice externally, 15 minutes on and 15 minutes off for 24 hours; significant swelling can be expected. Take the medications that were prescribed to manage any pain or discomfort.

Avoid smoking for 7 to 10 days, although complete smoking cessation is recommended. A liquid diet is recommended for 24 hours, followed by a puree diet for an additional week. Avoid chewing hard foods at the surgical site for 4 to 6 weeks.

Prompt the healing process by resting and refraining from any physical activities (work or play) for 24 hours. Then limit yourself to light physical activities for 7 to 10 days after the surgery.

Use an ultra soft toothbrush and **GEL** toothpaste to maintain oral hygiene for the next 4 to 6 weeks but avoid brushing the surgical area for 7 to 10 days. Beginning tomorrow, use a warm salt-water rinse (1 tsp salt to a cup of warm water) 2 to 3 times per day and continue for 2 days. After that, start using the PerioGard Rinse as directed until your follow-up appointment. Try not to disturb the graft while it heals. Do not pull or push your lip near the surgical site.

If you have any questions or concerns, please call the office at 603.772.4352. An after hours emergency line is available as well. You are welcome to call or text Dr. Latypova at 617.417.9250