



## **GTR POST OPERATIVE HOME CARE INSTRUCTIONS**

There should be minimal swelling and discomfort with this procedure.

- Use an ice pack on and off (10 minutes on, 10 minutes off) throughout the day of procedure to minimize swelling.
- If you do experience discomfort you can take 3 ibuprofen and 1 Tylenol to relive pain.

Take prescription pills as directed on bottle.

DO NOT PULL on lips or cheeks to examine the site.

It is normal for sutures to poke the lip and cheek and be bothersome. They also can loosen the first few days after the procedure. DO NOT PULL or remove sutures yourself. If they become too bothersome call the office 785-539-5949.

Do not brush sites or floss until we do follow up visits.

- You will not use toothpaste. The doctor will check the sites over the next few weeks and when site has healed enough, we will let you know when you can start. Use lukewarm water to brush off plaque and debris. Flossing other areas are okay.
- Use Perioscience 3 x a day. Apply a pump to a clean Q-tip and gently dab on site. DO NOT EAT/SPIT/ or DRINK for 30 mins after you have applied the gel. Use for about 4 weeks.

DO NOT BITE into food, all food must be cut up and placed in back of mouth. Eat what you feel comfortable eating.

Call if you have any questions.