

## **INSTRUCTIONS FOR POST MUCOGINGIVAL SURGERY**

Please be advised that those instructions are to be followed in order to guarantee the efficiency of your treatment.

If you have any questions, please contact our secretary's office either by phone at 01.40.70.95.64 or by email at [smileclinicparis@gmail.com](mailto:smileclinicparis@gmail.com).

### What is going to happen:

Your tissues will steadily heal on their own. Your recovery will depend on the well vascularisation of the area. For this reason, in order to not disturb the healing process, you should leave the aforementioned area alone as much as possible and avoid putting a strain on it.

### What you may feel:

- You may "feel" the scarring process. This healing phenomenon might be slightly uncomfortable, or even unpleasant. Do not hesitate to take the painkillers you were prescribed in order to prevent the pain from settling.
- Your organism will provide all the nutrients needed to assure a good recovery through blood vascularisation. A localised inflammation should take place, resulting in an increased vascularisation. You should therefore notice a moderate swelling for 2 to 3 days following the surgery.
- Depending on the duration and level of difficulty of the surgery, a small bruise might appear in the following days (the use of ice packs is advised if need be).

### Further recommendations:

- Follow the instructions on your prescription, respect the dosage and the interval between each medication intake. To increase your intake without consulting your dentist will not optimise the effects of the molecules, but might have a negative impact on your health.
- Apply an ice pack on the area which received surgery every 10 minutes for the first 24 hours following the medical procedure. Do so for 10 minutes.
- Do not spit, you might expel the blood stone allowing a healthy scarring over (if you want to get rid of a liquid substance in your mouth, such as toothpaste, let it drip from your mouth without applying pressure).
- Do not eat hard foods.
- Do not eat food that is too hot (it might cause bleeding).
- Do not eat too spicy (it might cause pain).
- Do not overexert yourself playing sports (might cause bleeding)
- DO NOT SMOKE (it will delay the recovering process and cause pain)
- If you have any doubt, get in touch with our office.

After a gingival surgery, it is crucial to follow a number of strict rules to allow for a successful recovery.

	Palatal plate	Diet	Brushing on the healing area	Physical activity
D-0 to D-3	24h/24	Exclusively liquid and cold foods	No brushing on and around the treated area, use HYALUGEL Spray instead. Brush your teeth as per usual for the rest of your mouth.	No physical activity
D-3 to D-7	As often as possible (especially during meals).	Liquid or soft foods, cold or room-temperature (nothing hard nor hot)	No brushing on and around the treated area, use HYALUGEL Spray instead. Brush your teeth as per usual for the rest of your mouth.	Avoid intense physical activity
D-7 to D-14	Occasionally, if your palate feels uncomfortable	Liquid or soft foods, cold or room-temperature (nothing hard nor hot)	Brush your teeth with the post-surgical toothbrush 1,5/100th + ELUGEL	Physical activity allowed
Why?	The palatal plate will act as a barrier between the palatal area in the beginning of the healing process and the tongue/food bowl. The blood clot forming after the surgery will guarantee the good recovery of the treated area, which is why it should be protected to avoid bleeding and pain. The blood clot	Do not put a strain on the treated area by eating hard foods (no baguettes, no red meat, no raw vegetables). Hot foods may cause bleeding which can delay the healing process.	Those measures aim at sparing your still recovering tissues. However, because the treated area needs to be clean in order to avoid any infection, a certain balance needs to be found.	Physical activity leads to an increased heart rate, which then leads to vascularisation. This can cause a bleeding of the treated area, which can, in turn, delay the healing process.

	also prevents post-surgery bleeding.			
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Post-surgical complications:

Sometimes, post-surgical complications might occur. Here are some warning signals:

- Abundant bleeding 24 hours after surgery, unresolved by the use of a compress ;
- Intense pain unresolved by the intake of medication ;
- Intense fever ;
- Painful swelling after 48 hours,
- Allergic reaction to medication.

If you notice any of those symptoms please reach out to the clinic by phone, or send us an email. We will explain the steps you will need to follow.