



## **PRE-OPERATIVE INFORMATION: CONNECTIVE TISSUE GRAFT**

### **What is a connective tissue graft?**

A connective tissue graft is a procedure done to provide the required amount of soft tissue to maintain the health of your teeth and it will also help to stop the progression of gum recession and to cover exposed root surfaces where possible.

### **How do we do it?**

The surgery is done painlessly with local anesthetic and deep sedation is available for complete patient comfort. A small piece of tissue is taken from the roof of the mouth and attached to the affected area. This means that there are two surgical sites. The surgery takes about 45 minutes per site.

### **What happens after surgery?**

A soft diet is recommended for the first 6 weeks and you will be prescribed suitable pain medication and an antibiotic for 5 days. You will be seen 10 days after the surgery to check healing, and to be given oral hygiene instruction. You will then be seen in 3-4 weeks to once again monitor healing. In six weeks, the site should be sufficiently healed for the continuation of your normal hygiene regime.

There is more information about this procedure on our website at [www.drcaudry.ca](http://www.drcaudry.ca)



## **POST-OPERATIVE INSTRUCTIONS: CONNECTIVE TISSUE GRAFT**

**What to expect:** To assist initial healing and to prevent graft movement, try to rest. A soft diet is recommended for the first 6 weeks. The sutures may start loosening or falling out as early as the first few days. They are self-dissolving.

**Discomfort:** Pain relief medication will be prescribed. Ibuprophen (600mg) every 4-6 hours and extra strength Tylenol are usually sufficient. In some cases Percocet is prescribed. This is a very strong painkiller and we suggest that you only take this before retiring.

**Swelling:** To avoid swelling, use a cold pack (ice or frozen vegetable) on the side of the face 20 minutes on and 20 minutes off for the first 12 hours following surgery. Swelling peaks at 72 hours and you should ice as much as possible during this time.

**Bleeding:** It is not unusual to have some slight bleeding. If the site continues to bleed, try to relax and gently rinse your mouth with ice-cold water. Press firmly on the bleeding site with a piece of moistened gauze (or a moistened tea bag) sustaining constant pressure for twenty minutes. Bleeding can be avoided by keeping your head elevated during the first evening, discontinuing your usual exercise regime for 1-2 days, restricting yourself to a soft diet and by not smoking, which also delays healing and irritates tissues.

**Oral Hygiene:** After surgery, it is important to keep your teeth and mouth as clean as possible. The prescribed antibacterial rinse is to be used twice a day starting the day after surgery for 4 days and then applied locally with a Q-tip. Additionally, warm salt-water rinses (1/2 tsp. salt in a glass of warm water) can be used several times a day. During the first week, the non-treated areas should be brushed normally.

**Post-operative appointments:** You will be seen for at least two post-operative appointments. The first will be 10 days after the surgery. The second is usually 4-5 weeks after the surgery. At these appointments the area will be checked for healing and oral hygiene will be reviewed. You should expect to be careful cleaning the grafted areas for at least 6 weeks.

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