



CLINIQUE DENTAIRE
Baie-des-Chaleurs

**Free autogenic transplant
post-operative advice**

- It is imperative not to smoke to optimize transplant healing.
 - Brush your teeth again the day after your transplant only, taking care to avoid the surgical area for the first 7 days.
- o After 7 days, the usual hygiene measures can be repeated regularly (brushing, silk, brushes). A slight bleeding could be perceived at the site operated during the resumption of hygiene care.
- Use the prescribed mouthwash from the day after surgery only, for a period of 10 days or until the follow-up appointment.
 - Do not eat or drink for 2 hours after the procedure. For the first 24 hours, limit your diet to a cold liquid diet, nothing hot or spicy.
- o For the first 3 weeks, you will have to chew on the side opposite the graft and change your diet so that it is softer than usual (avoid very hard foods such as chips, crusty bread, raw vegetables, etc.).
- o Eat a balanced, protein-rich diet and avoid acidic intakes such as vinegar and lemon, as well as salt and spices.
- For the first 48 hours, do not use straw, avoid very hot foods and beverages and continue with a soft diet. Try not to spit.
 - Do not engage in strenuous physical activity or force yourself physically for the first 48 hours after surgery.
- o You can go about your light activities and quiet activities such as walking are allowed.
- Wear the palate plate at all times until the check-in appointment. Only remove it for brushing and rinsing with the prescribed mouthwash.
 - Some post-operative pain is normal and should be controlled by prescribed analgesics.

Within the first 48-72 hours of surgery, swelling may develop. To reduce it, gently apply ice to the face towards the area operated at a rate of 15 minutes each hour. On day 3, applying a hot, moist washcloth at the same frequency can help reduce swelling.



o Bruises (or bruises) may appear after a transplant. They will change colour and disappear over a period of about 7 days.

o If you have any pain, swelling that gets worse or persists, or bruising that worries you, contact us.

- Saliva may be tinged with blood in the first few days after surgery. If it is not bleeding per se, this condition is normal.

o If there is more bleeding in the palate, be sure to wear your palate plate properly. If despite pressure with the plate the bleeding is not controlled, contact us.

o If more bleeding occurs at the transplant site, contact us.

If you suspect a complication or have concerns about your transplant, please contact us.

