

#### POST OPERATIVE INSTRUCTIONS FOLLOWING: SOFT TISSUE GRAFT

##### REST:

- Rest quietly with your head elevated for the remainder of the day.
- Always get up slowly from a reclining position to prevent dizziness.
- Limit physical activity for a minimum of 48 hours unless otherwise directed

##### ICE:

- As soon as possible, place an ice pack on your face over the surgical area; 10 minutes on and 10 minutes off throughout the day for the first 2 days. This will contribute to your comfort and minimize swelling.
- Moist heat may be applied two days after surgery for added comfort.

##### DIET:

- Avoid chewing on the surgical side or area for 4 weeks.
- Eat softer foods such as soups, smoothies, yogurt, pudding, applesauce, pasta, eggs, and baked potato for the first 4-7 days. Avoid eating foods with seeds like; strawberries and raspberries, popcorn as they may enter the surgical site. Maintain a well-balanced diet.
- Be sure to drink at least 6-8 glasses of water over the remainder of the day following surgery to prevent dehydration.
- Avoid using a straw, sucking, rinsing or spitting as this may loosen clotting, causing bleeding and loss of graft and disturb the healing process for at least 72 hours.

##### MEDICATIONS:

- If an antibiotic was prescribed, please take it as directed until it is all gone. To minimize the risk of GI problems and or yeast infections, **take an Acidophilus** tablet at night time.
- Ideally, pain medication should be taken before the numbness wears off. Be sure to have eaten something 10 minutes before taking pain med. This will help to prevent or reduce an upset stomach.
- If the pain medication seems to wear off before it is time to take more, you may want to alternate it with Tylenol 500mg or Advil (ibuprofen) 600mg every 2-3 hours. Example; if prescription pain medication is taken at 1pm the Tylenol can be taken at 3-4pm. Not to exceed 800mg four times a day.
- Some pain medications may cause lightheadedness, lying down will help this.

##### BLEEDING:

- Some seepage of blood is expected, however extensive bleeding should not occur. If bleeding should occur, apply firm continuous pressure with warm moist gauze or a warm moist black tea bag to the area for 20 minutes. If the bleeding does not subside, please call the office.

##### MOUTHCARE:

- You may begin to brush the **non-surgical** area the day after surgery. You may begin to gently clean the **surgical** site 7 days after the surgery with the post surgical ultrasoft tooth brush tip provided or you may also use a Q-tip. Run your tooth brush under hot water to soften the bristles. Careful to stay away from the gum line so that the healing is not disturbed and the graft dislodged.
- **Do not** use any electrical tooth brush for the first 2 weeks.
- You may gently **rinse the area with warm salt water the day after surgery**. Also after every time you eat or drink other than water. This will help with the healing process.
- If you were given a prescription mouth rinse, be sure to start using it the morning after surgery. Please follow the directions on bottle.
- **Do not** rinse with other mouthwash as they are irritants to the palate and will cause pain and delay healing.
- **Do not** touch the surgical sites for the first week, you could dislodge the healing tissue and compromise the success of the graft.
- **Do not** pull your lip away to view or show the graft site.
- **Sutures** are to be left alone if at all possible. They will be removed within 10 days to 2 weeks. If they become long and/or irritating please feel free to call us and we can set up a time for you to come in and have them trimmed or removed.

##### PALATAL STENT (if one was provided):

- The plastic stent is on the palate to protect the donor site. Wear it for 2 days, removing only to clean and re-apply Orabase ointment.
- Three days after surgery, begin to leave it out, wearing it only when needed for comfort.
- Approximately 5 days after surgery leave the stent out completely.

**SWELLING AND BRUISING:**

- Expect swelling that may involve the area of the surgery.
- Skin bruising may occur on the surgical site.
- If fever accompanies swelling, contact us **immediately!**

**ALCOHOL/ASPIRIN:**

- DO NOT CONSUME ALCOHOL WHILE ON PAIN MEDICATION and antibiotics.
- Avoid alcohol and aspirin for 2 days after surgery. These are blood thinners and may cause bleeding and delay the healing process.

**SMOKING:**

- We strongly advise **NOT TO SMOKE** after surgery. Smoking will delay healing, increase discomfort, and may encourage bleeding and infection in the surgical sites.