

LISA A. MARVIL, D.M.D, M.H.S, M.A.T.
DIPLOMATE OF THE AMERICAN BOARD OF PERIODONTOLOGY

SOFT TISSUE GRAFTING POST OPERATIVE INSTRUCTIONS

1. You will be given a prescription for the relief of pain. *Ibuprofen* (600mg) is recommended every six hours for the first 2 days. In addition, *Vicodin* can be taken if needed (1 tablet every 4-6 hours.)

- Do not smoke or use smokeless tobacco!
- Do not use a straw to drink liquids!
- Do not pull your lip to look at the graft!
- Use the prescribed rinse only as directed!
- Be gentle when washing your face!

2. After certain procedures, you may be given an ice pack. Apply the pack to your face over the area operated on, using it for 10 minutes and then leave it off for 15 minutes. This should be continued for the first 24 hours. It may help to reduce swelling or pain, although slight swelling, discomfort and discoloration are normal.

3. You can chew efficiently, but only on the opposite side of your mouth. You should avoid hard foods that require heavy pressure for chewing. To avoid an upset stomach, you should keep some food in your stomach at all times, such as one of those suggested below.

4. There may be blood stains in the saliva for a few hours after the operation; this is normal. If there is considerable bleeding, call the dentist. Do not try and stop the bleeding by rinsing. If you recline during the first 3-4 hours, keep your head elevated to reduce possible bleeding.

6. Do not rinse your mouth today. Beginning tomorrow, gently rinse twice daily with Peridex/Perioguard. Swish gently WITH YOUR LIPS APART for 30 seconds with 0.5 oz., as marked on cap, in the morning and before bed 1/2 hour after brushing. This will aid in reducing plaque formation.

7. Do not use your toothbrush on the area that was operated on, but do try to keep food from accumulating in other areas by gentle use of the toothbrush.

8. Since you have had a surgical procedure, you should go home and limit your activities for the remainder of the day. You may feel a little weaker the next few days, so strenuous work or play should be avoided for 48 hours.

9. Foods that supply nourishment with little or no mastication:

Milk	Bread	Cereals	Eggs	Broth	Juices
Soups	Banana	Custard/puddings	Mashed potatoes	Jello	
Baby Foods	Ground meat	Ice Cream/Shakes	Soft cheese	Boost/Ensure	

Call the office if you experience post operative complications.