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DIPLOMATES OF THE AMERICAN BOARD OF PERIODONTOLOGY

SOFT TISSUE GRAFTING POST- OPERATIVE INSTRUCTIONS

1. *Ibuprofen* (600mg) is recommended every six hours for the first 2 days. In addition, *Tylenol* (1000mg) may be taken in between ibuprofen doses if needed for discomfort.

- 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!
- Be gentle when washing your face!

2. You may use 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 such as carrots, apples, or bagels. If you do eat these foods, be sure to chew on the side of the mouth away from the grafted area. 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 heavier bleeding, apply pressure to the palatal site(s) with a damp gauze for 30 minutes. If the bleeding persists, call the office. 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. Tomorrow, begin gently using a salt water mix (1 tsp of salt in ½ cup of water) after brushing your non-treated teeth. Place a small amount of the rinse onto the grafted teeth, using the provided sponge swab or a cotton ball. This will aid in reducing plaque formation.

7. Do not use your toothbrush in the treated area, 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. Some food suggestions to supply nourishment with little or no chewing for the next 10-14 days:

Milk	Bread	mushy cereals	Ground meat	juices/seedless smoothies
Soup/broth	Banana	custard/puddings	Mashed potatoes	Smooth yogurts
Jell-O	Eggs	ice cream/shakes	soft cheeses	Boost/Ensure drinks

Call the office if you experience any post-operative complications.

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