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SOFT TISSUE GRAFT INSTRUCTIONS

BRUSHING & FLOSSING: AVOID THE SURGICAL SITES with your brush and floss. Continue brushing and flossing all **non-surgical** areas. You may notice a gray or white film over the surgical site, do NOT wipe it away. DO NOT use an electric toothbrush such as Sonicare or Oral B, or a Water Pik for at least 6 weeks following surgery. If a protective stent was fabricated for you, it is solely for your comfort and should be worn continually for first 48 hrs. After first 24 hrs. protective stent should be removed and cleaned with a soft toothbrush daily. Removal and replacement may trigger bleeding into the stent.

MOUTHRINSE: Do not use commercial mouthwash for the first few days since most contain alcohol and may sting. **If you were prescribed** mouth rinse (Peridex/Therasol), **gentle rinsing** using one capful twice daily for 1 minute beginning the morning after surgery for 2 weeks. Use the prescribed mouth rinse twice daily beginning the morning after surgery. Use it until you are instructed to stop. No SPITTING for 1 week after surgery. Let gravity take out the toothpaste and rinse.

EATING & DRINKING: First 24 Hours: Adequate nutrition is essential for normal healing. Immediately following surgery, your diet should be mainly COLD LIQUIDS. AVOID PEROXIDE, DRINKING ALCOHOL, CARBONATED BEVERAGES AND DRINKING THROUGH A STRAW OR A SPORT BOTTLE. **Gradually progress** to soft foods which are easily chewed and swallowed such as: jello, pudding, yogurt, apple sauce, milkshakes, cottage cheese, cooked vegetables, pasta, baked fish and soup is fine if it is at room temperature. Avoid hard/sharp foods such as popcorn, chips, carrots and apples. If the procedure was on one side, use the opposite side of the mouth. DO NOT SKIP MEALS, good nourishment is essential for the surgery success.

ACTIVITIES: Rest: Plan to rest at home the remainder of the day of surgery. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling. After 24 hours you may return to your regular schedule, but avoid strenuous activities such as heavy lifting, jogging and strenuous exercise programs for 1 week following surgery.

MEDICATIONS: ANTIBIOTIC - Take any prescription antibiotic as directed (It is imperative that you complete all the medication.) If an allergic reaction arises, stop taking the medication at once and call our office immediately.

STEROID - Begin the day of surgery if prescribed (If IV Sedation please start day after surgery). **FOR DISCOMFORT** - Take two (2) Extra Strength Tylenol (Acetaminophen) totaling 1000mg **alternate** every 4 hrs with four (4) Advil or Motrin (Ibuprofen) totaling 800mg 3-4 times for 3 days OR take prescription pain reliever if prescribed as needed. Pain will slowly improve with time for up to 2 weeks.

SWELLING: Some swelling or bruising may occur after surgery and may last up to 1 week. To minimize this, apply an ice pack to the external area for the first day only for 20 minutes on - 10 minutes off and repeat for 2-3 hours.

BLEEDING: Slight bleeding or oozing is normal during the first 1-2 days following the surgery. If bleeding occurs from the palate, apply damp gauze or small washcloth with **consistent pressure for at least 30 minutes** (Do not relieve pressure periodically to check if bleeding has stopped as this will only cause the bleeding to continue). If excessive bleeding occurs, please call the office or proceed to the closest Hospital Emergency Room.

SMOKING: DO NOT SMOKE for 3 weeks after surgery! Smoking not only delays the healing process, but is detrimental to the result of your surgery.

SUTURES: Your sutures will be removed at subsequent postoperative visits. If a suture comes loose, DO NOT remove on your own. If a packing was applied to your teeth and gums it will set within the hour. This protective covering is for your comfort only and will not withstand the stresses of direct chewing. If it comes loose or falls out, it is not a concern, however may be repacked if you desire and are uncomfortable.

EMERGENCIES: Contact our office during regular business hours (847)-605-0280 or after hours (312) 813-9669 or (847)-602-8033.

Patient Signature:

Date: