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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 guard was fabricated for you, it is solely for your comfort and should be worn continually for first 48 hrs. After 48 hrs You **may remove the guard briefly to brush it.**

**\*If you remove the guard and leave it out for a length of time it may be painful and difficult to replace in the mouth.  
Removal and replacement may trigger bleeding into the guard.**

**MOUTHRINSE:** Do not use commercial mouthwash since most contain alcohol and may sting.

**No vigorous mouth RINSING or SPITTING for 1 week after surgery.** Warm salt water may be used to gently rinse and freshen up the mouth especially recommended after meals. 1 teaspoon salt to 8 oz warm water.

**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. Cold or room temperature foods are most agreeable for the first few days. 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. Swelling can peak 3 days 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 cold damp 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). A collagen dressing is placed on the palate under the guard. It will resorb on its own but may come out with the guard once it is removed. If excessive bleeding occurs, please call the office or proceed to the closest Hospital Emergency Room. Please do not pull-on lip to view surgery area.

**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. Sometimes sutures can cause an ulceration on the inside of the lip. If it is unbearable, please let us know and we can treat accordingly.

**Questions:** Please call our office during regular office hours at # 847-605-0280.

**Emergencies:** If life threatening, please go to the nearest emergency room or call 911.

This would include, but not limited to: Uncontrollable bleeding, severe allergic reaction, difficulty breathing, swelling preventing swallowing, etc.

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Patient Signature:

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Date: