

## POST OPERATIVE INSTRUCTIONS FOR GRAFTING PROCEDURES

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### WHAT YOU CAN EXPECT AFTER A GRAFTING PROCEDURE?

**It is essential that you follow these instructions to insure the maximum prognosis of healing.**

You have just had a soft tissue grafting procedure. It is essential that you follow these instructions to insure maximum prognosis for healing.

**DO NOT** chew on the side of the mouth which has had the surgery

**DO NOT** brush the area where the graft has been placed

**DO NOT** pull on your lip to see the area or put pressure with your tongue on the affected area

**DO NOT** eat popcorn, peanuts, sesame seeds or any foods that are crunchy - for the week after surgery. No biting into pizza, hoagies, etc. until prescribed by the dentist

**DO NO SMOKE** for a week after surgery

**DO NO** use Listerine. Only use warm salt water rinses. Mix an 8 oz. glass of warm water with 1 tsp. of salt. Rinse utilizing the full glass, after each meal and before bedtime for at least one week.

**DO NOT** eat spicy or excessively hot foods

**DO NOT** be alarmed if any of the following occur:

Slight bleeding

Moderate swelling

Moderate discomfort

A medicinal taste

Oozing of blood will appear to be greatly exaggerated when it dissolves in saliva.

Determine the site of oozing and place pressure in that area with a moistened teabag for 30 minutes. When resting, elevate your head with an extra pillow.

**Swelling may possibly occur.** To keep this to a minimum do the following:

- Take Motrin every 4-6 hours as prescribed for the first 48 hours whether you think you need it or not.
- Take antibiotics as prescribed until finished
- Gently place an ice pack on the outside of the face for 10 minutes out of each hour for the next 24 hours.

Continue your home care for the rest of the mouth, but avoid contact with the grafted area

**Please call the office immediately if any of the following occur:**

- ❖ Excessive bleeding
- ❖ Pain is not controlled by prescribed medications
- ❖ Fever occurs

**610-770-1050**