

## Post-op Instructions

### Soft Tissue Graft

- Rest and avoid strenuous activities for at least 72 hours
- Keep head elevated for the rest of the day
- Do not pull your lip out to look at the graft, be gentle when touching your face, and avoid putting your tongue in the graft area. Minimize talking and facial expressions that pull lips and cheeks.
- Swelling and bruising is uncommon but some may experience it lasting from 5-10 days.
- Cold packs are beneficial during the first 24 hours after surgery, to minimize the risk of swelling apply right after surgery
- Apply cold pack for 15 minutes and remove for 15 minutes. Repeat for 2 hours.
- For the first 24 hours, avoid brushing the area, smoking, sucking action (using straws), spitting or rinsing vigorously.
- After the 24 hours, brush the surgical area gently with an ultra soft brush provided for duration of 10-14 days and continue normal oral hygiene in the areas not involved
- During the first 2 weeks, avoid alcohol, peroxide and over the counter mouth rinses because it may dissolve the blood clots.
- Following surgery you can expect some discomfort
- Pain and sensitivity are some discomfort that you may expect following surgery and it may last up to a few weeks. Rinse gently with warm salt water 2 times a day for one week if there are some sensitivity.
- Take prescribed medication as directed by your doctor like for example take pain medication with milk or food to prevent nausea and stomach irritation; also take antibiotics until they are ALL GONE.
- If nausea develops, reduce or eliminate pain medication but if causes itching or skin rash, STOP immediately. If you experiences any adverse reaction such as itching, nausea, or excessive diarrhea from antibiotics, STOP and call the office.
- Do not take Aspirin or any other medication containing aspirin because it can cause increased bleeding.
- Do not use straws for the first 7 days after surgery and avoid eating hot, hard and spicy foods. Consume soft diet during the 2 weeks and stay away from anything crunchy, crusty or crispy.
- Some recommended supplements are Vitamin C, B complex, & E, Coenzyme Q10, and Calcium
- Some bleeding can be expected following surgery, gently apply pressure with gauze provided continuously for 10-15 minutes if excessive bleeding occurs. Repeat steps as necessary.
- Sit an upright position as it will also aid in the control of bleeding.
- Please call our office if numbness and tingling lasts over 24 hours because typically local anesthetic wears off in 2-4 hours
- Stitches will be removed during follow-up appointment; it can loosen after a few days so don't worry if they are.

- Avoid smoking and consumption of alcohol during the first two weeks because it can significantly delay the wound from healing and cause post-treatment complications including excessive bleeding and infection.
- If given an appliance to cover the palate (palatal stent), wear it as much as possible for protection, comfort and help minimized palatal bleeding until the follow-up appointment.
- Please keep your follow-up appointments because it is really important to monitor post-treatment progress as a key essential to the overall outcome of your treatment.
- May need a touch-up procedure in 2-3 months.