



INSTRUCTIONS FOR SOFT TISSUE GRAFT SURGERY

Care of the mouth: Begin brushing and flossing the areas outside the surgical site the day following your surgery. **AVOID THE SURGICAL SITES** until given specific brushing instructions at your two week post-operative visit. You may notice a white film over the surgical sites - this is completely normal. Use the prescribed mouthwash twice daily beginning the morning after surgery until instructed to discontinue. **DO NOT** use an electric toothbrush or water pick in the surgical site for 6 weeks following your surgery.

Eating: First 24 hours. Adequate nutrition is essential for normal healing. Following surgery your diet should be restricted to **COLD LIQUIDS**. Dietary supplements such as instant breakfast or ensure are some examples. **AVOID HYDROGEN PEROXIDE, ALCOHOL, CARBONATED BEVERAGES AND DRINKING THROUGH A STRAW.** **After 24 hours.** Gradually progress to soft foods such as cooked vegetables, baked fish, tuna, pasta, meatloaf, which are easily chewed and swallowed. **DO NOT SKIP MEALS.** If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster.

Activities: First 24 hours. Rest. Plan to rest at home the remainder of the day of surgery and the following day. You may read, watch TV, or work at your desk from home. When sleeping, elevate your head to decrease swelling. **After 24 hours.** You may return to normal daily activities but avoid strenuous activities such as heavy lifting or exercise programs which can elevate your heart rate for one week following surgery.

Medications:

- **Antibiotic:** Start the night before your surgery. Take the dose as directed.
- **Anaprox DS:** Take one the morning of surgery then continue to take one tablet every 12 hours for 2-3 days.
- **Peridex:** Start gently rinsing the night after surgery, or apply with Q-tip if desired.

Swelling: Swelling is normal following periodontal surgery. To minimize this, you will be advised to use ice packs. Place the ice pack on the outside of your face, over the treated area for 10 minutes and then take it off for 10 minutes. Continue to apply ice packs as much as possible for the first 24 hours after surgery.

Bleeding: Slight bleeding or oozing is normal during the first 24 to 48 hours after surgery. If bright red bleeding occurs, place a sterile gauze on the bleeding site and apply firm pressure for 10 minutes. Alternatively you can use a moistened tea bag as the tannic acid in tea aids to stop bleeding. If excessive bleeding continues, please call our office.

Smoking: Smoking is prohibited for optimal dental/medical health. **DO NOT SMOKE** for three weeks after surgery. Smoking is detrimental to healing tissues and will negatively affect the results of surgery.

Sutures: Resorbable: The resorbable sutures used usually will dissolve by the time you return for your 2-week post-operative visit. **Non-Resorbable:** If non-resorbable sutures were placed, they will be removed at your 1-month post-operative visit.

It is our sincere mission and desire that you are as comfortable as possible following surgery. If you should have any problems or questions please call our office 248-901-0000. For after hours emergencies please feel free to call your doctor on his personal cell: Abbey Sayed: 248.763.9220