

Soft Tissue Graft - Post-Operative Instructions

Do not lift your lip to examine the grafted site as this can cause graft movement. To assist initial healing and to prevent graft movement, try to rest and avoid talking and eating for the first 3-5 hours.

Discomfort: Ibuprofen (Advil) and Acetaminophen (Tylenol) are usually sufficient. I recommend 600 mg Ibuprofen every 6 hours. If needed, 2 Tylenol extra-strength (500 mg each) can be taken in addition to this (in between Ibuprofen doses). Please contact me if these medications cannot manage your post-operative pain, in which case stronger pain medications may be prescribed.

Bleeding: It is not unusual to have mild post-operative bleeding. If the site continues to bleed, rest and apply constant pressure with a moist gauze or a moistened black tea bag for 20-30 minutes.

To reduce risk of bleeding, please follow the following instructions for the next 1-2 days: **Do not rinse your mouth rigorously; Avoid intense physical activity; Do not drink through a straw or smoke; Do not spit; Do not drink alcohol for 24 hours following surgery.**

You may want to cover your pillow to avoid staining it the night following surgery.

Swelling and Bruising: To reduce risk of swelling and bruising, use a cold pack (ice or frozen vegetables) wrapped in a moist towel on the side of your face - 10 minutes on and 10 minutes off for the first few hours following the surgery. Swelling may start 24-48 hours after the surgery.

Diet: Try to limit your diet to softer foods: eggs, pasta, fish, etc. Please avoid any hard foods: apples, carrots, nuts, steaks. A soft diet is recommended for 4-6 weeks. In general, your comfort level will increase as healing progresses.

Oral Hygiene: After surgery, it is important to keep your teeth and mouth as clean as possible. **However - Please do not brush the grafted area for the next 2 weeks!**

Anti-bacterial mouthwash will be prescribed to you. Please use it twice a day, **starting the day after the procedure.** Ideally, do not eat, drink, or rinse your mouth for 30 minutes after mouthwash to allow for optimal effect. Saltwater rinses (1 tsp of table-salt in 1 cup of water) can also be used.

Non-treated areas can be brushed normally

Post-operative appointments: You will be seen for 2 post-operative visits:

- 1) 2-weeks post-op to assess initial healing and suture removal. We will also discuss specific oral hygiene instructions.
- 2) Healing and final gums position will be further assessed 6-weeks and 3-months following the procedure. Complete healing and maturation of the grafted site can take up to one year.

Dr. Guy Aboodi

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