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## **Post-Operative Care Free Soft Tissue Graft**

### **CARE OF THE MOUTH**

**Brushing and Flossing** - Begin brushing and flossing the areas **NOT OPERATED ON** the evening of surgery. **AVOID THE SURGICAL SITES** until given specific brushing instructions at your postoperative visit. You may notice a white film over the surgical site. This is completely normal.

**Cleaning** – Clean surgical area with warm salt water on a Q-Tip. Do NOT use any mouthwash unless instructed by the doctor.

**Electronic Toothbrushes and Water Pik** - **DO NOT** use a Water Pik or electric toothbrush such as Sonicare or Oral-B Braun for 4 weeks following 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 good choices. **AVOID 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 and meatloaf, which are easily chewed and swallowed. Avoid chewing in the area for 1 month or until your sutures are removed.

### **ACTIVITIES**

**Rest** - The day of surgery, plan an easy schedule with activities that will allow you to rest and apply ice packs 20 minutes on 20 minutes off. 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, exercise programs, etc. for one week following surgery.

### **MEDICATIONS**

**Pain Medications** - Take pain medication within one hour after treatment with milk and or a small amount of food. Never take pain medication on an empty stomach. This medication may be repeated every three to four hours as needed for discomfort.

**Antibiotics** - Take prescribed antibiotics as directed until gone.

### **SWELLING**

**Ice Packs** - Some swelling usually occurs after periodontal surgery. To minimize this, you will be advised to use ice packs. We will supply you with a cold pack to use on the ride home. Continue to apply ice packs as much as possible during the first 24 hours after surgery. Place the ice pack on the outside of



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your face, over the treated area, for 20 minutes, and then take it off for 20 minutes. Bruising is also possible after this surgery.

#### **BLEEDING**

Slight bleeding or oozing is normal during the first 1-2 days following surgery. If excessive bleeding occurs, please call our office.

#### **SMOKING**

DO NOT SMOKE for 3 weeks after surgery. Smoking is detrimental to healing tissues and will affect the results of surgery. If you can stop smoking for 3 weeks postoperatively, you may as well quit all together.

#### **SUTURES**

**Resorbable** - The resorbable sutures used usually will be resorbed by the time you return for your post-operative visit.

**Non-Resorbable** - If non-resorbable sutures were placed, they will be removed at your post-operative visit.

#### **BANDAGE**

If the doctor has placed a periodontal bandage over the surgical site, we will have you back in 1-2 days to remove it.

***It is our sincere desire that you are as comfortable as possible following surgery.  
If you should have any questions or concerns, do not hesitate to call.***